

Haverhill

WEEKLY NEWS

Thursday, December 17, 2009

haverhillweeklynews.co.uk

45p where purchased

Workers evacuated after blaze at chemical plant

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HAS JADE GOT TALENT? YOU COULD SOON DECIDE

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Rethink over bus shelters

HAVERHILL'S hugely unpopular bus station looks set to be changed again following a flood of complaints about its recent refurbishment.

The station was given a £350,000 makeover earlier this year, including the installation of new shelters. But they were greeted with criticism by bus users, with one pensioner branding them nothing more than "tin huts".

This week, a spokesman for Suffolk County Council told the *Weekly News*: "We are considering making changes to the bus station."

"We are responding to public concerns and we want to make sure that any changes we make are absolutely the right ones."

"We will be speaking to a working group of district, town councillors and representatives of disability groups before we agree the next step."

Pensioner Jeanie Telford, who uses a disability scooter, gathered 1,000 signatures in just one week on a petition

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

against the new station.

She, and many others, complained that the shelters were too small for people in wheelchairs or pushchairs to get into, and that there was not enough room for passengers to get on and off when buses pulled into the stops.

Haverhill Town Council also discussed the complaints and urged the county council to make changes to the shelters, which were "not fit for purpose".

Mrs Telford, of Parsonage Gardens, said she was delighted that changes were being considered and wrote an open letter to members of Suffolk County Council and St Edmundsbury Borough Council.

It read: "It is with grateful thanks from all of us who use the buses to and from Haverhill, that we have heard you will be removing the useless shelters that were so recently put up."

"May I now suggest you give us one long shelter, covering all bus stops. Please put them as far back from the edge of the pavement and please can we have some seats for the elderly and disabled."



Festive frivolities: Santa was among the stars of the show when families flooded the streets for Haverhill's late night shopping event last Friday. For the first time, the festivities poured over into the weekend with an ice rink in the Market Square, a pop concert, fairground rides and a fireworks finale on the recreation ground. See full story and more pictures – Page 2.

Picture: Keith Heppell 616709.

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Tools stolen in break-ins

TOOLS were stolen from a white Mercedes Sprinter van which was broken into by forcing a door at Lavender Field, Haverhill, between 6.30pm last Friday and 9.25am on Sunday.

Calls in relation to this incident should be made to the Crime Investigation Bureau (CIB) on (01473) 613500 or Crimestoppers on 0800 555 111.

Thieves also broke into a Fiat Scudo van by damaging a lock and stole tools at Withersfield Road, Haverhill, between 8am and 10am on Monday, December 14.

Calls in relation to this incident should be made to Sgt Sarah Barfley at the Haverhill Safer Neighbourhood Team on (01284) 774100 or Crimestoppers on 0800 555 111.

Crews fight warehouse fire

TWO fire crews attended a blaze at a warehouse in Haverhill on Tuesday.

They were called to LMK Thermosafe in Moon Hall Lane, Haverhill, at 7.30am and entered the heavily smoke logged building. A drum containing the chemical Desmophin 200 was involved in the fire and was allowed to cool naturally.

The cause of the fire is currently unknown and a fire investigation is under way. No-one at the company was available to comment.

Thieves take van's sat nav

TWO satellite navigation systems and power tools were stolen when thieves broke into a white Peugeot Boxer van in Raine Avenue, Haverhill, by forcing a door.

The incident between 8pm on Saturday and 8.45am on Sunday.

Calls in relation to this incident should be made to the Crime Investigation Bureau (CIB) on (01473) 613500 or Crimestoppers on 0800 555 111.

Certificates await collection

EXAM certificates dating back to the early 90s and some more recent ones from this year are still waiting to be collected at Samuel Ward Arts and Technology College in Haverhill.

Any students or ex students would like to collect them, should contact Miss Rush on (01440) 761511, extension 30.

Smash and grab raid

JEWELLERY was stolen by thieves who broke into a house by smashing a window at Recreation Road, Haverhill, between 8.15am last Friday and 1.50am on Saturday.

Calls in relation to this incident should be made to DC Andy George at Bury CID on (01284) 774100 or Crimestoppers on 0800 555 111.

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Lit up: Haverhill was a kaleidoscope of colour for the late night shopping event last Friday.

Pictures: Keith Heppell 616717/5.

Smiles all round town as families get festive

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

Tills were jingling right up to the fireworks finale as Haverhill's Family Late Night Shopping event got a weekend of fun under way.

Friday's event, organised by Haverhill Town Council, brought out the crowds, with shops staying open, charity stalls set up in the streets and fairground rides for young and old. It ended with a spectacular fireworks display on the recreation ground, watched by a large, appreciative crowd.

This year, the festive fun was extended over Saturday and Sunday to provide a Great Big Christmas Weekend in the town. There was a continental and gourmet food market in Queen Street, a craft fair at the Haverhill Arts Centre and an ice rink on the Market Square over both days.



Musical entertainment was also provided with a Christmas pop concert on the Market Square on Saturday night and a family Christmas concert at the arts centre on Sunday.

Nick Keeble, the town council's leisure manager, said despite cold weather, crowds had

still turned out to enjoy themselves.

He said: "It was very well received, everyone enjoyed themselves and we had some good feedback. It was very cold and about half an hour before the fireworks we thought we were in trouble as visibility was very low and we did not think people would be able to see the fireworks. But the skies cleared just in time and we had perfect visibility for the show."

"The ice skating was enjoyed by about 600 people over the weekend. It was subsidised by the town council and St Edmundsbury Borough Council to provide skating for just £1. We did not do as many sessions on the Sunday, but one lad was on there for four hours. It was great for the little kids to get on there with their parents. It was a good family activity."

"The atmosphere in the town was lovely over the whole three days, people were walking around with smiles on their faces, with lots for them to do."

Perfect Christmas present for TCT appeal

THANKS a million!

Christmas has come early for a £1 million Teenage Cancer Trust (TCT) appeal – launched by our sister publication, the Cambridge News – with the news that it has now hit its target.

The ambitious bid to raise the seven-figure sum kicked off on November 7, 2007. Since then, an army of fundraisers have been taking part in, and supporting, all sorts of events to raise the cash.

Colin Grant, group editor-in-chief of Cambridge Newspapers and a trustee of the company's Press Relief charity, which has also backed the appeal, said: "When the Cambridge News launched the appeal two years ago it was the most ambitious fundraising campaign we had undertaken."

"Since then, the response from readers and the community at large has been overwhelming."

"It is money that is vital

to the building of the specialist unit for youngsters suffering from cancer in our region and I would like to thank everyone who has contributed."

Helen Bearfield-Smith, the TCT's regional fundraiser, said: "We are delighted to hit the £1 million mark for our appeal and are extremely grateful to everyone who has shown support since we launched."

"It has been amazing to see so many corners of the community getting

involved in fundraising."

"We have also received amazing support from the patients who need the unit, their families and friends and also, sadly, bereaved families who understand more than most why this unit is so vital."

Work on the new unit at Addenbrooke's Hospital started this month.

It is due to open in December 2010 and will treat patients aged 13 to 24 from across East Anglia and beyond.



Delighted: a jubilant Helen Bearfield-Smith celebrates news that the appeal has hit its £1m target.

Picture: Dave Harwood 617267.

More time to join in battle of the bands

THE deadline to enter a relaunched music competition has been extended until January 5.

Riffed, Haverhill Battle of the Bands 2010, the annual contest formerly known as Haverhill Rock Competition, gives a platform for new bands to play to big audiences with a full PA and lighting rig.

The winners receive time in a recording studio and a gig at Haverhill Arts Centre, with additional prizes for the runners-up and the audiences' favourite.

Heats will take place on Friday, February 5 and Friday, February 12, both at 8pm with the final on Saturday, March 27, also at 8pm.

Punk bands, heavy rock, grunge, melodic rock and bouncy pop have all entered past competitions and winners have come from Haverhill, Saffron Walden and Great Abington. Last year's winners were Haverhill-based Selective Walk.

The competition is open to any band based within a 15-mile radius of Haverhill, whose members are aged 14 years or over.

For an application form, contact: Riffed, Haverhill Battle of the Bands, Haverhill Arts Centre, High Street, Haverhill, Suffolk CB9 8AR, call (01440) 712858, or email nick@haverhillartscentre.co.uk.

It is preferable to send a tape or CD of the band with the form but is not a requirement.

Completed application forms must be returned to Haverhill Town Council by 5pm on Tuesday, January 5, 2010.

The event is sponsored by Haverhill Town Council as part of their Leisure for Young People programme.

Pupils in bid to hold town's Olympic Games



Creative team: gifted and talented pupils at Castle Hill Middle School, School Lane, in Haverhill, with teacher Scott Reynolds.

Picture: Duncan Lamont 615075.

A BID to arrange their own Olympic Games was launched by gifted and talented primary school pupils, working alongside older middle school students.

Pupils from Clements, Burton End and St Felix Primary schools in Haverhill have been attending Castle Hill Middle School, preparing an Olympic bid for Haverhill 2010.

Castle Hill teacher, Scott Reynolds, co-ordinated the programme to develop good links with the local primary schools.

He said: "The children have been working in groups developing communication and creativity. These skills are particularly important as they can be used across all subjects within the school, but are also important life skills. The Year 4 children have done really well and have produced some marvellous work."

Pupils looked at the history of the Olympics and put together a realistic bid to host the games in Haverhill in 2010. Children took part in a debate, where the learning objectives included putting together a strong argument and using persuasive phrases. The children also designed an appropriate logo for the event which was then printed onto polo shirts.

The finale to this term's programme was a presentation to the town mayor and other local dignitaries, to seek the green light for their mini-Olympics to be held at Castle Hill in 2010. Castle Hill aims to continue its links with the local community by sharing good practice with its feeder schools.

Driver died after collision in village

A DRIVER has died in hospital following an accident at Ousden, near Wickhampton on Sunday. The man, in his 20s and from the local area, has not yet been named by police, who are appealing for information about the collision.

Officers were called to Front Street in the village at 7.15pm after a blue Ford Ranger left the road outside a farm and collided with bushes and a tree.

Ambulance and fire also attended and the man was released from the vehicle and taken to the West Suffolk Hospital, where he later died.

An investigation into the collision is under way, and officers want to speak to anyone who may have seen the vehicle prior to the collision or witnessed the collision itself.

Calls should be made to PC Daniel Ormes at the Serious Collision Investigation Team on (01473) 613500.

Celebrations all round at church

A CHURCH will open its doors and invite people to join in its services and events over the Christmas period.

Haverhill Methodist Church, in Camps Road, has extended an invitation to anyone who wants to come along to its events and enjoy the Christmas season.

As well as events at the church, its coffee shop and book shop, Next Door, is open regularly throughout the Christmas period and is located next to the church.

On Sunday at 10.30am there will be a family carol service, followed by a traditional candlelight service at 6.30pm.

On Christmas Eve at 4pm there will be a Christingle service, a celebration of Christmas with a short nativity presented by the younger members of the church, followed by mince pies and hot drinks.

There will be a Christmas Day celebration service at 10am.

Man arrested over accost complaint

A PENSIONER was arrested by police investigating a complaint by a teenage girl that she was accosted while waiting for a bus.

The 66-year-old man from Haverhill was arrested on suspicion of sexual assault by officers investigating an incident at the bus stop in Withersfield Road, Haverhill, on Tuesday December 1.

The man has been released on bail and is due to return to Bury St Edmunds police station on Thursday, December 24.

Come out to meet your local officers

HAVERHILL'S Safer Neighbourhood Team will hold a Police Street Meet on Saturday outside Tesco from 2-3pm.

The Bury Rural South team will take a mobile police station to Clare Market Hill between 8-9pm next Tuesday.

Staff evacuated after fire at chemical plant

CHEMICAL plant workers were forced to flee in the early hours of yesterday morning after an explosion and fire at Haverhill's Genzyme site.

Emergency procedures were put in place at the town centre premises, in Hollands Road, to evacuate the small number of staff working there when the blaze started at 12.22am.

Paul Logue, general manager of Genzyme operations in Haverhill, said all workers had been accounted for

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

and no-one was injured.

Five fire crews turned out to deal with the incident and Mr Logue praised their effort to contain the fire.

He said: "The fire service arrived in an extraordinary time and were very thorough in their response. The large numbers were largely precautionary, because we are a good neighbour.

"The first thing we do in a case like

this is use our emergency procedures to evacuate the site and call all the emergency services – more is better. The emergency services were very efficient and our emergency plan went as well as could be expected in the circumstances.

"There will be a full investigation into the cause and an assessment of the damage. Obviously the facility involved in the fire will not be operating, but otherwise it is business as usual."

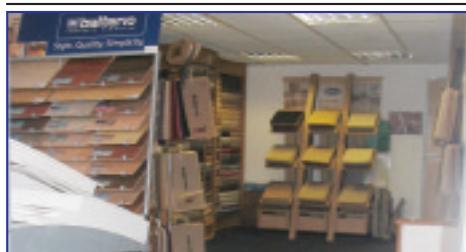
Two crews from Haverhill, those

from Clare, Wickhampton and Linton, as well as the Cambridgeshire turntable attended the fire.

Firefighters took some time investigating the extent of the incident, before establishing that it was contained within a giant hopper at the site.

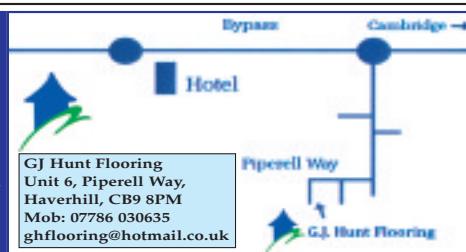
A thermal imaging camera was used before the fire was extinguished by 4.34am.

Genzyme is one of Haverhill's biggest employers, with a workforce of 360 people.



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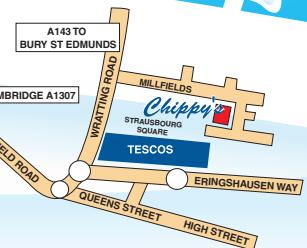
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Threats to man on dog walk

A MAN was threatened by two men while out walking his dog in Haverhill last week.

The man and his dog were at Chalkstone Way, Haverhill, at around 9.10pm on Wednesday, December 9, when he saw two men on a playing field next to the site where the town's new football ground is being built.

One of the men threatened the man and his dog, before both walked off to the nearby school entrance. There they got into a new, silver Range Rover Vogue which drove off towards Wratting Road.

The man who made the threats is described as white, in his early 30s with a shaved head and wearing a grey and black tracksuit and shiny black shoes. The second man is described as white, in his mid 40s, of large build and wearing a blue vest, blue jeans and black shoes.

Calls in relation to this incident should be made to Pc Victoria Anthistle on (01284) 774100.



Calling contestant number 41,714: Jade Donno prepares to impress the producers of *Britain's Got Talent* 2010 in London. CP

Singer Jade chases her dream

TEENAGER Jade Donno is hoping to win fame and fortune after auditioning for *Britain's Got Talent* 2010 last week.

Jade, from Sturmer, joined hundreds of other hopefuls in taking the first step towards realising their dream when she sang before one of the show's producers at the London auditions in Islington.

After an early start to get to London before 9am, Jade and her family faced a long wait to make an impression. With around 50 people performing before her, Jade says she did not let nerves get in the way of having fun with the other competitors.

In her audition, 15-year-old Jade, a pupil at Gosfield

School near Halstead, performed the Palamo Faith song *Upside Down*.

Jade said: "It was fantastic. I just love performing. Ever since I can remember I have been happy to sing, dance and act in front of an audience. It feels as though that's what I am meant to do with my life!"

"When you watch *The X Factor* or *Britain's Got Talent*, or any other talent show on TV, the contestants always say it's their dream to be a famous artist and it's what they have always wanted to do – so it starts to sound a bit boring. The thing is it's probably true for most of them. I know it is for me – it's my dream to be famous and

to get paid for what I love doing."

Jade is hoping that she did enough in the audition to get noticed and secure her place in the next round, although she will have to wait until January to find out.

Her father, local accountant and former Haverhill Chamber of Commerce chairman Paul Donno, said: "We are happy to support Jade in trying to achieve her ambitions."

"She does realise how tough the competition is – Jade was contestant number 41,714 – so it's not a foregone conclusion that she will make it to the next stages."

Double trouble in parking blitz

POLICE have launched a blitz on people parking on double yellow lines in Haverhill's town centre.

And they warn that repeat offenders will face a fine, rather than just a warning.

Police have warned motorists they will be carrying out enforcement action in the High Street for the rest of the month following a request from Haverhill Town Council and town centre manager, Tina Hanks.

Sgt Claire Fuller, of Haverhill police, said the area would be made a priority, following their latest meeting, where the issue had been raised.

This would include high visibility patrols and officers would be turning back drivers trying to enter the High Street during the 10am to 4pm pedestrianised period, unless they are entitled to

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

go in.

She said: "We have been asked to do this by Tina Hanks and the town council because of the constant parking of vehicles on double yellow lines and the abuse of the traffic restrictions.

"At first we will issue warnings, but then we will start to issue £30 fixed penalty tickets. We will be having a massive clamp down throughout December and our message to people is just don't do it."

Gordon Mussett, Haverhill Town Clerk, said he had raised the issue at a tasking meeting and hoped the campaign would remind people to think about where they parked when in the town centre.

He said: "We thought at a time

when there is generally a greater police presence in the run up to Christmas, while they were there in uniform they could take a look at what is happening regarding parking.

"It is not going to be a long term solution, but there is a lot of damage being done to pavements in the High Street.

"The new pavements in Queen Street are the same level as the road, but the ones in the High Street are stacked up. A lot of trips and falls are caused by this and a lot of money is being spent keeping the pavements up to scratch."

"There are always going to be other priorities for the police, but if they are going to be there anyway, perhaps they can spend a few hours on parking and see whether people should be entering at all during the restricted hours."

Festive fun for the birds

FAMILIES can enjoy some festive frolics by making a willow wreath or a natural bird feeder at Clare on Sunday.

The event will be held at the Nuttery, where the Dedham Vale Area of Outstanding Natural Beauty and Stour Valley Project will hold a free drop-in session for people wanting to follow a trail around the area and make natural Christmas decorations. There will be a winter scavenger hunt, the opportunity to make natural bird feeders and dress a tree.

Clare Nuttery is a small recreation area near Clare High Street and cemetery, where hundreds of trees have been recently planted to create a community woodland for future generations.

The event runs between 11am and 1pm, and visitors are advised to dress warmly.

Contact the Dedham Vale AONB and Stour Valley project for further details on (01473) 264263 or visit www.dedhamvalleyvalley.org

Fire crews in horse rescue

FIREFIGHTERS were called to rescue a horse trapped in a ditch at Withersfield last week.

Crews from Haverhill and Newmarket were involved in the operation to lift out the horse last Thursday. Wide straps were used together with a teleporter lifting machine from a nearby farm.

It is believed the horse fell into the ditch while being ridden at around 11.30am. The woman riding the horse escaped injury.

A vet was called to sedate the horse but it is not thought to have been seriously hurt.

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At the same time, we are constantly looking to improve our title and are always happy to hear from you with suggestions and comments.

If you have any feedback for us then please contact the relevant person or people listed below.

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WEEKLY NEWS LETTERS

Send your letters to: The Editor, Haverhill Weekly News, 4 Queen Street, Haverhill, CB9 9EF, or by email to editorial@haverhillweeklynews.co.uk

Touched by generosity

Sir, May I, through the pages of your newspaper, please thank the disabled well-wisher who sent us a lovely Christmas card, and also enclosed £10 as a donation to the Haverhill Association of Voluntary Organisations (HAVO).

I have to say that we in the HAVO office were so touched by this that the office fell silent as I read out the letter of support.

The letter read: "I have an idea of how to save HAVO."

"I am disabled and am on benefit so cannot afford a lot but have enclosed my £10 Christmas bonus to help save HAVO. If everyone donated something HAVO would be able to stay doing the good work it does for Haverhill and all the charities in the town."

"It only needs support from the people and we won't lose a good organisation."

"From a well-wisher."

Bless you, whoever you are. We promise to try our hardest to keep HAVO going and offering as many services as we can.

May you have a wonderful Christmas and very happy New Year.

Mick Smith
Chairman
HAVO

But how many accidents?

Sir, So Julie Spence is of the opinion speed cameras are not a blatant tax on the motorist but are there for safety reasons. She then explains that 73.5 per cent, 56 per cent, and 82 per cent of drivers were exceeding the speed limit in particular areas.

Might I inquire how many accidents were caused by these motorists? Anyone can spout political rhetoric but few substantiate it with facts.

T. D. B.
Hayter Close
West Wrating

MEMORIES



■ THIS week's picture, taken from our archives, shows a local group welcoming a special member.

Do you recognise anyone in the picture or know what the event was? Do you know where and when it was taken?

Send your answers to: Memories, Haverhill Weekly News, 4 Queen Street, Haverhill, CB9 9EF by Tuesday morning, or email editorial@haverhillweeklynews.co.uk

Picture: 611012

Last week's Memories photograph, from our archives, showed a presentation by Sintacel in Haverhill. It was taken in January, 1986.

Picture: 611014



Stacks of cash for local causes

Sir, The Haverhill Lions Club would like to thank all the people who helped them raise over £600 from their Christmas hamper draw.

Thanks also to the local Tesco store for its help. The winners are Tracey Cutts (hamper 1) and Jenny Darena (hamper 2).

The money raised will go to the East Anglia Children's Hospices and local Haverhill charities.

Over the last year, Haverhill Lions Club has helped many people.



LETTERS POLICY

Letters should arrive by noon on the Monday before publication. Full name and address must be supplied and details will be withheld only in exceptional circumstances. Letters should be no longer than 250 words and may be edited.

Please email your letters to editorial@haverhillweeklynews.co.uk



In full voice: the Haverhill Choral Society at Hunton's All Saints' Church.

Hallelujah! National singalong raises cash for children

MORE than 100 people joined in a mass singing of *The Hallelujah Chorus* in Hunton.

The audience at Haverhill Choral Society's Choral Christmas concert in All Saints' Church joined the choir as part of

the BBC's national Sing Hallelujah campaign.

More than half the congregation joined in to sing Handel's famous chorus from *The Messiah*, and the evening raised £119 for Children in Need.

A spokesman said: "Haverhill Choral Society would like to thank Nigel Brown for accompanying on the organ and a highly polished brass quintet which entertained with medleys of festive tunes."

To join the choir, go to a rehearsal at Samuel Ward School music department on Monday nights from January 4, at 7.25pm.

See www.haverhillchoralsociety.co.uk



Money-makers: members of the keep-fit group with First Responder Margaret Marks.

Picture: Keith Jones 617146

Over 50s fighting fit . . . for charity

KEEP active sessions for over the 50s have boomed since Haverhill Leisure Centre re-opened after a year's closure for refurbishment.

Membership of the weekly sessions at the centre has now grown to more than 120.

Carol Clerkin, who organises the sessions, said members ranged from the age of 50 right up to a number of regular members in their 80s.

She said: "These mornings consist of a low impact aerobic class or toning class, followed by badminton, table tennis and then a chance to sit and socialise over a cup of tea/coffee then a swim, all for £3.50 a morning."

"This is a great opportunity for people who may be new to the area or recently retired as they can meet lots of new people."

Verna Titmarsh, 83, has been

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

attending the sessions since they started with friend Gwen Bowlers, 82.

She said: "We have been coming since the very first one. We really enjoy it and it keeps you healthy. You might have aches and pains when you come, but by the afternoon I always feel I can do anything."

James Purkiss, of Haverhill Leisure Centre, said: "The classes have been going on for years, but during the closure they moved to Chalkstone Community Centre and since then they have just got bigger and bigger."

"It is fantastic, they come and have a good work out, but it is more the social side that brings them here really."

Members of the group met again this week for a Christmas party at the centre, where a

bumper £285 was handed over to the town's First Responders Group, thanks to the proceeds of a raffle.

Ms Clerkin said: "Every Christmas all classes meet together for a party and we raise money for charities from the raffle."

"It is marvellous really, they are almost all pensioners and they donate all the prizes, then buy the tickets."

Margaret Marks, of Haverhill First Responders said: "I would like to thank them for this donation, which is absolutely fantastic."

"Magpas, like all charities are struggling for fundraising at present. We are tremendously grateful for this donation, which will enable us to go on saving lives in Haverhill."

The 50 Plus Keep Active mornings now run three mornings a week on Monday, Wednesday and Thursday. For more information, call (01440) 702548.

Go for gold with advice from top young athlete

YOUNGSTERS will be able to celebrate the forthcoming 2012 Olympics by joining Sporting Ambassador and athlete Samantha Milner for a fun-packed morning of sports at Haverhill Leisure Centre.

Youngsters aged 5 to 14 will get the chance to try Olympic sports including swimming, athletics and handball at the Go For Gold Day on Sunday from 9am to noon.

Samantha – one of Abbeycroft Leisure's Sports Ambassadors and currently in the top three under 17s in the country in discus – will help participants learn new sports and answer questions about her sporting achievements and dedication.

At the end of the morning, each

child will receive a medal and certificate.

Michelle Curran, sports development manager at the centre, said: "It is so important for youngsters to have sports stars to look up to and this is a unique opportunity for youngsters to meet local medal winners and take part in new sports."

"This is the third year of Go For Gold and we will hold the event right up until the Olympics in 2012."

The session costs £3 and at the end youngsters who want to take up any of the sports will be given information on the clubs available to join.

To book a place call (01440) 702548 or visit www.acleisure.com

Carols to kick off Christmas

THE popular annual Carols For All concert will take place on Sunday at The Old Independent Church in Haverhill.

The programme will consist of seasonal music by the Haverhill Silver Band, conducted by Mark Ager, and Haverhill and District Operatic Society, conducted by Les Ager, with Nigel Brown on the church organ.

This will be the 34th year of this annual event and for many people it marks the real beginning of Christmas.

The concert starts at 8pm. Admission is £5 for adults, with accompanied children under 12 free.

Tickets are available from the Haverhill Arts Centre on (01440) 714140, Chapman & Son, High Street, or at the door.

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Family Announcements

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Talent showcase: above and below, Ballet Shoe Workshop students staged two sell-out Christmas shows for family and friends. CP

Dancers get in the groove for Christmas

YOUNGSTERS at a dance school performed to two sell-out audiences of parents and family members.

The Ballet Shoe Workshop staged its Christmas shows at Haverhill's Castle Manor Business and Enterprise Centre.

Youngsters between the ages of 3 and 20 performed a range of dance routines, from ballet to hip hop.

A total of 90 students took part in the shows.

For more details about the Ballet Shoe Workshop contact Alison Law 07821 197107 or email balletshoeworkshop@yahoo.co.uk



Follow simple steps to keep criminals at bay

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

presents with the free property database www.Immobilise.com Almost any item with a serial number can be registered with the online database, which helps keep property safe and reunite stolen items with their rightful owners.

Each year, police hear sad stories of families who have had their Christmas presents stolen, but they say with some simple crime prevention measures the chances of becoming a victim can be greatly reduced.

They advise:

- When shopping, do not leave bags of presents in view in cars;
- Do not leave expensive present under the Christmas tree where they can be seen through a window;
- Register valuable Christmas

Residents should also ensure they have some lights on timers

during the darker evenings.

"These messages extend beyond just Christmas presents. Remember to keep all valuables such as keys, wallets, mobile phones and laptops out of sight and lock doors and windows even when inside your property."

"Do not give thieves any opportunity to ruin your Christmas."

If you see a crime being committed or see anyone acting suspiciously, dial 999 immediately.

You can assist the police by getting a good description of the people involved and by noting down the registration of any suspicious vehicles.

For further crime prevention advice, contact a crime reduction officer on (01473) 613500.

New hospital staff to tackle alcohol issues

TWO new posts created at West Suffolk Hospital will deliver extra support services to patients facing difficulties with alcohol.

Mario Iannone has been appointed as an alcohol liaison support worker, and will be based in Accident and Emergency for the next 12 months. The post has been funded by West Suffolk Local Strategic Partnership through the Respect Alcohol, Respect Yourself (RARY) group.

As part of his role, he will train staff to use an alcohol screening tool which will help them identify people at risk. These patients will then be directed to an external agencies for extra support.

Data collected as part of this work will be passed onto the RARY group to help it track trends and direct resources in the future.

Chris Hill, matron for acute medicine at the trust, said: "Initially we

will be concentrating our efforts on screening men and women aged between 15 and 60, as evidence shows this group responds positively to the type of intervention we will be able to offer."

Louise Bland, a dual-trained general and mental health nurse, already has a specialist knowledge regarding this patient group and has been appointed to the year-long post of alcohol liver disease

nurse, following a successful bid for funding from the Government's East of England Regional Office.

John Griffiths, chair of the West Suffolk LSP, said: "This project is the first step towards the early identification of people with alcohol issues. Such posts have not existed in Suffolk in the past. Through them we can make a positive impact on the lives of people affected by alcohol misuse."

Place your Family Announcement with your local Newspaper by telephoning 01440 703891 or call into 4 Queen Street, Haverhill

Housing group cuts down on emissions

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

A COUPLE are staying snug in their home thanks to solar panels installed by their landlord, which have also helped slash their heating bills.

Havebury Housing features the couple in its first environmental sustainability report, which reveals that since 1996, the organisation has reduced the carbon footprint of its 5,700 homes – including many in Haverhill and the surrounding villages – by more than a third.

Havebury residents Ivan and Beryl Peacock, of Wickham Brook, had solar panels fitted to their home in February 2008.

Mrs Peacock said: "We are more than pleased with the solar panels. During the summer months we don't need to turn the heating on for our hot water at all, and only occasionally in the winter."

"The panels are not only good for the environment but are helping us financially too."

Michael Blackford, procurement and environmental co-ordinator at Havebury, said: "Havebury has been working hard to improve its environmental sustainability, which



Going green: Beryl and Ivan Peacock, who had solar panels fitted at their home by Havebury.

is underlined by the fact that since 1996, the carbon footprint of our homes has decreased by 34 per cent."

All Havebury properties are now built to meet level three or four of the Code for Sustainable Homes, a new mandatory standard which measures the environmental impact of new builds.

Other green initiatives include

the installation of low energy light bulbs in new homes, advice for residents on recycling and green living, and the creation of communal gardens and allotments in the local community.

All waste at Havebury's Haverhill office is also recycled and where appropriate text messages are sent instead of written correspondence to reduce the use of paper.



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Top tips on saving cash

1. Use websites such as find-dvd.co.uk, find-cd.co.uk and find-book.co.uk to track down the cheapest prices and myvoucher codes.co.uk to obtain money-saving discount codes. – **Ewatcher**
2. There are some really good offers on loft insulation from B&Q, Homebase, Focus etc – take a look in your loft, if you have less than the 270mm of insulation they recommend these days, top it up now at bargain prices.

If you can't do it yourself there are companies who will quote for the work and advise you on government grants available to you.

Loft and wall insulation has one of the quickest payback periods around, typically less than two years: spend a little now to save a lot later. Utility bills will only go one way – up, up, up! – **Andrew**

3. If you join www.greasyalm.com you can receive cash back through certain online purchases/offers.

All you have to do is log on to the site, search for the website you wish to make a purchase from (not everything is there) and make sure that you follow the links from Greasy Palm.

It's only a few per cent here and there and you can only withdraw when you reach £25 – but if you shop online a lot it could eventually be worth it. There are other cashback offers on the site so if you're looking for a new credit card etc check here first. I found out about this from www.moneysavingexpert.com – which also has plenty of money-saving tips. – **Jen**

4. Use a 'hay-box' (thick insulation, such as old towels) to cook stews and curries once they have started to cook on the hob – it works for

It may be an expensive time of year for many of us, but help is at hand if your bank balance is feeling the strain.

Readers were asked for their money-saving tips as part of our

rice, too. Once pasta has come to a rolling boil, turn off the heat and let it cook in its own heat, with a towel over the lid.

If you're using the oven, fill it up with things. Keep your heating down and wear jumpers, or a blanket over you if sedentary. – **Chrissie**

5. If you have older double-glazed windows, before they started fitting trickle vents, most windows will lock in an open position by about half an inch (12mm) allowing some ventilation but maintaining security.

I find that this gap is too big in cold winter months (wasting heating) so use 25mm thick polystyrene insulation sheet cut into strips with a craft knife to block up most of the gap, leaving just enough for background ventilation.

The polystyrene will compress to give a good seal where you want it. You avoid condensation, save on heating and maintain security. On some windows you can retrofit trickle vents but this is beyond most DIYers. – **Andrew**

6. www.uShare.co.uk is all about saving money. It lets you borrow and lend everyday items with people who live or work in your local community. – **Rachel**



From actions you can take around the home, to useful websites, readers suggested a range of clever ideas and we have published many of them here. Thank you to all of you who took part.

'Get your children involved'

MARIE-CLAIRe Berreen, Barclays' community investment manager for the region, suggested ways parents can help children learn about money.

She said: "Our attitudes to money are often formed as a result of our early experiences so, for example, if our family had very little money we may be more careful with our own as a result.

"Alternatively, if it appeared as though family members got everything they asked for then we may struggle to prioritise our own spending.

"Helping people to increase money skills at an early age can make a huge difference when they become responsible for their own finances. You can help your children in many ways. For example, take them with you to do the weekly food shopping and give them tasks to do to help you.

"Ask them to help you to write your shopping list and stick to the items to keep within your budget.

"You could give them responsibility for purchasing an item on the list and ask them to help you to compare prices and find the cheapest item. You can then tell your child how much money they've saved your family."



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Classic treat from singers

CHRISTMAS shoppers are in for a musical treat when Haverhill Choral Society sings Christmas classics in true choral style, outside the Tesco store, in Cangle Road, Haverhill, next week.

The music starts on Monday at 7.30pm. Anyone interested in joining the choir is welcome at its new rehearsal venue, Samuel Ward Arts and Technology College studio, on Monday nights from January 4, at 7.25pm. No audition is necessary. For more information about the group, visit www.haverhillchoralsociety.co.uk

Office raiders flee with cash

THIEVES broke into an office by forcing a window and stole cash at Duddery Hill, Haverhill, between 12.30am and 6am on Sunday. Calls in relation to this incident should be made to PC Penny Ogden at Haverhill Police on (01284) 774100.

Funding joy for charity trio

BY JO DEEKS

Email: editorial@haverhillweeklynews.co.uk

THREE charities are enjoying an early Christmas present with the presentation of cheques for £4,000.

Focus 12, the Multiple Sclerosis Society (Bury St Edmunds branch) and the stroke unit at West Suffolk Hospital benefited from money raised by Havebury Housing with a charity auction and raffle during its annual charity golf day.

The money was handed over this week by the mayor of St Edmundsbury, Cllr Patricia Warby, during Havebury's annual carol service in St Edmundsbury Cathedral.

Cllr Warby said: "Given the current economic situation this is a fantastic amount of money to raise – without all these people raising funds for our local charities where would we be? Well done to everyone involved in the charity golf day."

Chip Somers, from Focus 12, which helps substance ab-



Cheque it out: from left Muriel Healey, Havebury life president; Dr Anne Nicolson, of West Suffolk Hospital's stroke unit; Chip Somers, of Focus 12; Barry Taylor, of Multiple Sclerosis Society Bury St Edmunds; and the mayor of St Edmundsbury, Cllr Patricia Warby.

users, said: "I would like to thank the bravery of Havebury in supporting our charity."

"Alcoholism and drug dependency is a problem which is getting worse and it's rare for someone not to know some-

one with a dependency problem."

Barry Taylor, from Multiple Sclerosis Bury St Edmunds, said: "A very big thank you to Havebury. This money will be spent locally. We have 500

members and we focus on supporting the hidden army of carers who help people with MS."

Dr Anne Nicolson, from West Suffolk Hospital said: "Thank you to Havebury, the golfers

and people who made it happen. We are very grateful for your support."

Nearly 200 residents, Havebury employees, West Suffolk College students and members of the community from across West Suffolk attended the carol service. Money from the collection will be sent to West Suffolk Headway.

Steve Cook, chief executive, Havebury, said: "Our annual carol service is all about our community and Havebury putting something back. It is lovely to come together for this special occasion."

Linda Forson from Haverhill, who attended the service with her husband Bill, who has recently become one of Havebury's volunteer gardeners, said: "It was the first time we'd been to a Havebury carol service."

"The carols and the children's singing were exceptional. We also thought the charity donations were wonderful."

Havebury's sheltered scheme residents, who were transported to the service by the housing group, enjoyed tea and mince pies on their return home.

For the latest local news, video and pictures – www.haverhillweeklynews.co.uk

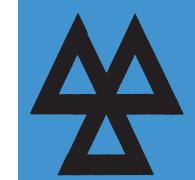
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New plans go in

A RE-SUBMITTED listed building application for extensions and alterations to Old Farm Cottage at East Green, Great Bradley, has been received by St Edmundsbury Borough Council.

The plan is to build a two-storey side extension following demolition of an existing extension.

There are also plans to replace the front porch and existing windows and make internal alterations.

Swingin' new year

NOSTALGIA fans can see the New Year in at a special dance playing the best in 1940s music, swing, jazz and Lindy Hop.

The Silver Bird Music Show will present its Clare Blitz New Year's Eve Dance at Clare Town Hall. For tickets, or more information, contact organiser Barry Smith on (01440) 786360.

Call out to bin fire

A WHEELIE bin went up in flames in Haverhill.

The incident happened in Vetch Walk and involved one wheelie bin which was described as "well alight".

One crew from Haverhill fire station attended the scene at 7.19pm on Saturday and the incident was dealt with by 7.41pm.

Plant set to grow

PLANS to build an extension to the existing general synthesis plant at the International Flavours and Fragrances factory site in Duddery Hill, Haverhill, have been submitted to St Edmundsbury Borough Council.



Gadgets of old: MP Richard Spring checks out some of the exhibits at the Centre for Computing History.

Stay safe and be in running for top prizes

BEING street-wise and savvy could win a lucky Haverhill resident a Nintendo Wii or one of two iPods.

Anyone aged over 18 can enter an on-line Staysafe competition organised by Suffolk police.

The aim is to see how sensible and safety savvy they think they are, by answering eight multiple-choice questions, which are directly linked to the Constabulary's Christmas Staysafe campaign.

It highlights sensible drinking and personal safety. One of the questions relates to feelings of safety and does not have a right or wrong answer.

A police spokesman said the aim of the competition is to draw people's attention to the Staysafe campaign, to encourage sensible drinking and to get people thinking about their personal safety when they are out and about.

The Staysafe campaign will run during the weeks leading up to Christmas and New Year and has three key messages:

- Don't drink and drive,
- Don't be afraid – report domestic violence; and
- Don't overdo it: friends should stick together and make sure you get home safely.

The competition takes just a few minutes to complete and is available online at www.suffolk.police.uk until noon on Saturday, January 2.

The winners will be notified in early January.

MP steps back in time with historic tour

HAVERHILL's MP has toured a unique collection which charts the history of computing.

Richard Spring, West Suffolk MP, was also told of the Haverhill Centre for Computing History's future plans.

The centre has displayed some of its exhibits at Channel 5's *The Gadget Show Live* at the NEC in Birmingham and also took part in the Open University's 40th anniversary celebrations in Milton Keynes.

Mr Spring said: "The Centre for Computing History is a fabulous asset for Haverhill and a valuable facility for the wider community. With its unique collection of technical equipment going back decades it's a valuable reminder of how the technology we take for granted today has evolved.

"The centre really does provide a trip down memory lane for those of us who can remember using these objects.

"For young people it offers a wonderful glimpse of how parents and grandparents grappled with the technology of their day."

Jason Fitzpatrick, chairman of the centre's trustees, said: "We were delighted to host this visit from Mr Spring. It gave him the opportunity to review our progress and understand our ambitious vision for the centre's future.

"The museum has outgrown

its present home and is only able to exhibit a fraction of the collection. We urgently need larger premises which will allow school children to visit. We currently have to turn away several school parties every month.

"Although we have received offers of a new home from outside the local area, we are determined that, as a Haverhill initiative, the centre should remain in the town."

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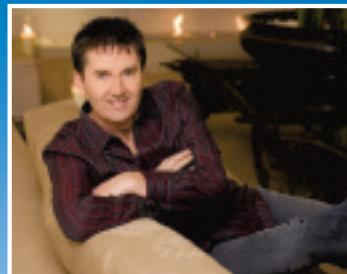
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Fighting fit: Sam Corti who was given a 50/50 chance of survival.

609929

Mum looks ahead following cancer

STANDING in her kitchen, boiling the kettle for a pot of her favourite green tea, Sam Corti admits this will be a very special Christmas. This time last year, the mum-of-two was battling advanced cervical cancer; doctors had given her just a 50/50 chance of survival. Now Sam is cancer-free – and she's ready to celebrate.

"It's going to be a great Christmas," smiles Sam, as she fills the tea pot. "We've got all the family coming and that's just what I want: for us all to be together. This time last year I was going into battle; I knew it was going to be the hardest battle I'd ever fought in my life... Now I can relax and enjoy myself. And I can look forward – I can look to the future."

Sitting down at the table, a mug of freshly-poured sencha in hand, Sam, 40, explains she was diagnosed with cancer last winter. Very advanced, it had spread from her cervix and up her abdomen; she had a

BY ALICE RYAN

Email: editorial@haverhillweeklynews.co.uk

huge tumour wrapped around her bowel. And she also had secondaries in her lymph system. All in all, the prognosis was pretty grim.

But, thanks to a combination of conventional medicine, positive thought and, says Sam, a radical anti-cancer diet, she beat the disease. It was, she smiles, little less than a miracle.

"I had a four-week wait for my surgery," Sam explains. "And in that time I followed a strict 'anti-cancer diet': I cut out sugar and dairy and wheat, ate lots of antioxidants like ginger and turmeric and drank lots of green tea.

"When they took me into theatre they couldn't find the tumour in my bowel. It was still there, but it had shrunk beyond all recognition. As I said, it was a miracle really."

Sam's battle with cancer actually began almost two decades ago, when she was only 20 years old. "I went for a smear test, I think it was the first one I'd ever had," she recalls.

Prescribed two operations, to excise the cancerous cells, Sam says

it was a far from pleasant experience. But she remembers feeling remarkably unfazed: "This time round I was absolutely panic-stricken," she says, "but then it never crossed my mind I wouldn't recover, which I did; I was perfectly fine."

After her surgery, Sam was given frequent check-ups. But, other than that, she says life returned to normal. Settling in London, she threw herself into a career in media sales; among other things, she worked for *Time* magazine. And then, 11 years ago, she met her now-husband Mick.

"We got married and, after a couple of years, started trying for a baby," says Sam, who lives in Brampton. "But nothing happened. In all, it took three years to conceive Joseph. They said the problem was a build-up of scar tissue, left over from my operations all those years before."

"So we went down the route of fertility treatment and I got pregnant first time, but then I had a miscarriage. You reach a point where everyone you know seems to be getting pregnant; there are babies wherever you look. And you do start to

feel very isolated, and a bit victimised. You think 'Why me? Why is my body not doing what it should?'

Then, out of the blue, Joseph was conceived naturally. "He was a little miracle too," laughs Sam, "and he seemed to open the flood-gates: when he was only six months old, I got pregnant with his brother, Nathan."

Giving up work to become a fulltime mum, Sam says she adored motherhood from the word go. When she and Mick decided to move out of the capital three years ago it was, she explains, because they wanted their beloved boys to grow up surrounded by open spaces and a warm community; Brampton was the perfect place.

"We fell in love with this house," adds Sam, looking round her beautiful beamed home. "And I made a real effort to get to know people here; I ran a playgroup on the High Street and met lots of mums that way."

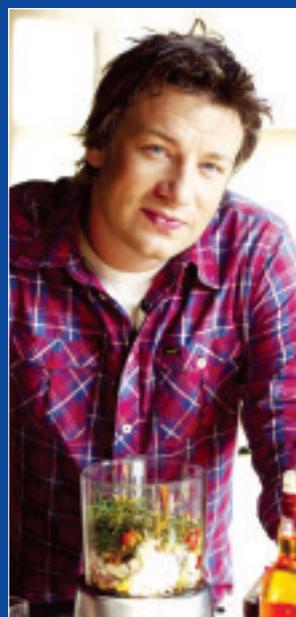
But, though the family soon settled in, it was just after the house move that Sam's health took a downward turn: she started spotting – bleeding at odd times of the month, before her period was due. "I'd stopped having smears

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to New Year fight 'miracle'

when I had the children; you can't have them when you're pregnant," she explains. "When I noticed the spotting I went straight to the doctor and had a smear, which came back clear. Because of my history, he still referred me for an examination, but that showed everything was fine too."

Reassured, Sam put the problem out of her mind. But then, a few months later, she started getting bad period pains, again at the wrong time of the month. Consulting a GP she was told to "take Nurofen"; refusing to take that as an answer, she sought a second opinion. Referred for tests, including an ultrasound, Sam's worst fears were confirmed: the cancer was back.

Exploratory surgery at Addenbrooke's revealed the large tumour in Sam's bowel; she was told the cancer was "at stage 4A – and the scale only goes up to 4B". "I can remember lying there with my mum standing one side and Mick on the other," says Sam, with a shudder. "My first question was 'Am I going to die? ... You're so much more aware of your mortality – and what that really means – when you have kids.'

"The doctor told me I had a 50 per cent chance. I was 39, the boys were three and four. And I couldn't believe it. I just couldn't believe it."

Sam was told she needed a 12-hour operation: a full hysterectomy, removal of the tumour in her gut (along, most likely, with a chunk of her bowel, which would result in her having a colostomy bag), and the excision of a whole series of lymph nodes. When she came round from the anaesthetic, she'd be in intensive care. And she would need weeks of chemo and radiotherapy after that.

"Next day I came out of Addenbrooke's and we went to see some friends; they'd been looking after the boys," continues Sam. "I remember sitting there with a glass of wine and some crisps and feeling a bit stunned, to be honest. Everyone was saying they couldn't believe it ...

"Suddenly I put down

my glass of wine and pushed the crisps away. I said to Mick 'I can't just sit here and do this, I can't just go along on this road: I have to do something; I have to take some control'."

That night, Sam started researching anti-cancer diets on the internet. And the more she read, the more positive she began to feel. Cutting out foods said to feed cancer cells (wheat, sugar, dairy) and introducing anti-inflammatory foodstuffs (such as ginger and turmeric), Sam says she was "incredibly focused". "For those four weeks, I even took my own food to parties," she admits, "and I went on the school run with a yellow face, because of the amount of turmeric I was eating. Ironically, I'd never felt better."

Eating nuts, seeds and whole oats soaked in soya milk for breakfast, curry (heavy on the turmeric) for lunch and plenty of fresh veg for dinner, Sam also lost an entire dress size in that month, going from a 12 to a 10.

Along with her diet, Sam says positive thinking helped her cope. "Not that I didn't have down times, I did," she admits, "but I didn't have many. I vividly remember sitting in the front room one day and watching the boys playing with their dad in the garden. Suddenly I imagined I wasn't there, and they were still playing ... It was awful."

"But I would look at them and feel inspired too: they gave me something to fight for – I wanted to be here to see them grow up."

Before going in for her op, Sam told the boys she had cancer. "They were too small to understand really," she says, "but they knew the word 'cancer' because sadly my dad died of cancer the week before I was diagnosed. I told them I was poorly and had to have a big operation, and that Daddy would be looking after them and Mummy for a while. But I also told them I was going to get better."

When Sam came round from the anaesthetic, she was stunned – and initially horrified – to find no colostomy bag. "I

thought something had gone horribly wrong," she admits. "In fact, it had all gone very right. I had the hysterectomy, as planned, but, because the tumour had shrunk so much, they didn't need to remove my bowel. And, of the nine lymph nodes they removed, only one turned out to be cancerous.

"During the operation, which only lasted four hours, they downgraded me from 4A to 1B. One of the surgeons came to see me and said 'I can't believe what I've just witnessed. I saw that tumour with my own eyes four weeks ago; when we got you into theatre we couldn't find it. It's a miracle'."

Though Sam still needed five weeks of chemo, then five weeks of radiotherapy, her prognosis had been transformed. And she gives much of the credit to her anti-cancer diet – including copious amounts of green tea, known for its anti-oxidant properties.

"I would never say 'Don't bother with chemo or surgery': they were my lifelines, there's no doubt about that," adds Sam. "But I do want people to realise there's so much they can do to help themselves, to take back some control. When you get cancer you feel like a victim; doing something positive, taking charge, helps so much."

During her recovery, Sam continued to research green tea. Believing the tea to have genuine health benefits, not only for people fighting cancer, she wanted to spread the word – and so set up Tea 4 Life, her own online tea shop.

Selling five different blends, designed to promote everything from healing and calming to increased energy and weightloss, Sam says her site is designed to be a kind of meeting-place for like-minded people.

"I really hope my story will be an inspiration to people," she adds. "This time a year ago, I knew the New Year held chemo and radiotherapy; now I'm fit and well and the New Year is something I can really look forward to. How great is that?"

SAM'S online tea shop, www.tea4life.co.uk, sells five different blends of green and white tea: Simply Sencha, Detox Tea, Thinnly Tea, Super Boost Tea and Chill Out Tea. Sam says all the teas, which are sold loose leaf, are fresh and full of goodness – with no added nasties. Prices start at £5.95 for a 50g bag.

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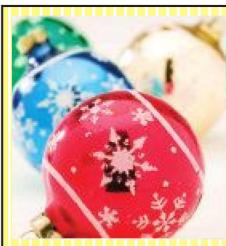
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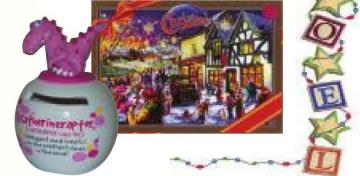
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Keep your tree looking good

IF you buy a real Christmas tree, how can you make sure it stays looking its best over the festive season?

Some 30 per cent of people in the UK do buy the real thing each year, yet many are often left with more needles on the floor than on the tree within a week of putting it up – especially if they haven't chosen a non-drop variety such as the ever-popular Nordmann fir.

But if you give any Yuletide tree the care it needs, it shouldn't drop too much, says Roger Hay, secretary of the British Christmas Tree Growers' Association.

"If you look after trees properly, most of them should look good throughout the festive

season," he says.

"The spruces will drop before the fir trees or the pine trees, but if you look after them they should be good for six weeks."

Cut trees remain the most popular, and it is essential that they should be fresh when purchased. The needles should not be dull and dried up, the branches not brittle. If you gently shake the tree, the outer needles should not fall off.

When you've bought your tree, keep it outside in a cool, shaded place, preferably standing in water, until it is required indoors.

Before bringing it inside, cut about half an inch off the base of the trunk to open up the pores of the tree and then place it securely in a water-holding stand or wedge it in a bucket with

pebbles, small stones or screwed-up newspaper and place it away from direct heat. Anyone who places the tree next to a radiator is asking for trouble.

Keep the container topped up with water every day, as trees can get through a pint a day.

About 8.5 million trees are sold in this country every Christmas, of which half are Nordmann firs. Hay prefers the Fraser fir (*Abies fraseri*) which is popular in the eastern United States – it is narrower than other trees and therefore more suitable for smaller rooms.

"Look for growers who are situated in an isolated place away from urban centres. They are less likely to get a big retail market and you may get a better deal and a better



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tree from them," says Hay.

Some people may opt for a tree that will last for years. "If you are looking for a tree you can plant in the garden afterwards, go for a container-grown tree. You can plant it out after Christmas and may be able to bring it in again next year," Hay says.

You should put it in a sheltered spot initially and slowly acclimatise it to the open before planting in its final home, making sure the root collar is at ground level and to water it well.

Visit www.bctga.co.uk for more information.



Glamour: The best festive pick-me-up

THE festive season can be so frantic our wardrobe often comes bottom of the priority list after the presents, turkey and Christmas tree.

But when your festive spirits are flagging, a sprinkling of glamour is the perfect pick-me-up. The party season is your open invitation to dress to the nines every day.

Give yourself the gift of style and transform the 12 days of Christmas into one big festive catwalk with our fashionable countdown.

1. CHRISTMAS SHOPPING: Boost your dash-around potential for last-minute Christmas shopping marathons with a flat pair of boots to stomp about in.

2. WORK BASH: Load on the glitz and be the belle of the work ball in shimmering sequins. Even if you don't bag a Christmas bonus or payrise, your boss is sure to acknowledge your style promotion.

3. TRAVELLING HOME: Whether you're listening to Chris Rea and Driving Home For Christmas or hopping on a train or plane, secure your seasonal wardrobe in a stylish tote.

4. CHRISTMAS EVE COCKTAILS: Channel your inner Sarah Jessica Parker to sample a seasonal cocktail menu with the girls. Stand out from the sea of tinsel and shimmer in a jewel-coloured cocktail dress teamed with opaques to keep out winter chills.

5. CHRISTMAS MORNING: Who cares what your birth certificate says, the morning of December 25 brings out the big kid in everyone.

Open your Christmas presents in a pair of cute novelty PJ's.

6. CHRISTMAS DAY: A flattering black dress is the only option to accommodate all those Christmas puddings, selection boxes and turkey with trimmings.

7. BOXING DAY: Now the Christmas merriment and madness is over, schedule in a big fat nothing for Boxing Day. Wallow on the sofa watching festive movie classics in cosy loungewear and festive slipper booties.

8. ROMANTIC WALK: Grab your

man and walk off the excess Christmas calories. Pile on lots of warm layers, woolly accessories and a snug winter coat.

9. RELATIVE ROUNDS: Grab your twin set and pearls, time to primp up to visit the in-laws and relatives. Keep the look playful and young with prints.

10. SALE SHOPPING: Bargain hunters beware: It gets hot out there in sale land. If you're planning on trying on sale buys,

don't forget to wear something you can whip on and off easily.

11. NEW YEAR CELEBRATIONS: House party or pub bash, a trusty shift dress in a block colour is a flattering option for concealing Father Christmas tum's.

12. NEW YEAR'S DAY: No need to pack away the sequins just yet. Shine on the first day of 2010 by mixing up a sequin jacket with prints and bright colours to give them a fresh daywear spin.



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Party time: Getting decked out in style is part of the fun.

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IT'S that time of year again. The girls are fighting for mirror space to do their make-up, while the boys search for mistletoe to use later.

Yes, it's the office Christmas party. But before you get carried away with bubbly and festive cheer, take note of these office party survival tips:

- Know your limit – there might be a free bar, but don't drink more than you can handle and don't forget to eat.
- Avoid people you don't get on with – unless you're trying to make amends, stay clear of them.
- Problems won't be solved when you've both been drinking.
- If you're not drinking alcohol, stick with colleagues you trust – you shouldn't

be made to feel guilty because you prefer orange juice to alcohol.

- If you are offended by someone's actions and feel that their behaviour at the party is inappropriate, speak to them about it when you are both back in the work environment. Arguing at the time, when people have been drinking, will just make things worse.
- Remember you're socialising with colleagues not your usual bunch of friends.
- Make sure you aren't left embarrassed by your behaviour when you're back at work.
- Don't spend the evening talking about work – that's for the office.
- Avoid confrontational and controversial conversations.
- Make sure you get home safely!



Party on: But a few practical guidelines could save you a whole lot of trouble later.

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PR firm's pitch perfect plans for trust

A PUBLIC relations company is lending its skills to a charity for young people.

Project PR has adopted Ipswich Town Community Trust as its charity for 2010 and will use its services to help raise awareness of the trust's work.

Penny Arbuthnot, director of Project PR, said: "What struck me about the community trust is that it is carrying out some inspirational educational work with children and young people, although it's currently known mainly for its soccer courses through the Ipswich Town link. As a company we like to put something back into our community and we're delighted to help by giving our PR services to the trust in 2010."

Terry Baxter, chief executive of the trust, said: "We are delighted to be offered this support by Penny and the team at Project PR who bring PR expertise and valuable extra resource. It's given us a fantastic boost to our plans for 2010."

Project PR will be helping to re-launch the trust to the public, business, schools and the media.

As well as free PR support it has donated



Score: Penny Arbuthnot, of Project PR, hands over the £350 cheque to Terry Baxter from the Ipswich Town Community Trust. CP

£350 to the trust in place of sending Christmas cards to clients this year.

Ipswich Town Community Trust was established by Ipswich

Town Football Club in 1996 to provide football in the community but has since developed a wider role.

Over the past year more than 60,000 people have

taken part in activities, which aim to raise achievement levels and promote active and healthy lifestyles, primarily through the medium of sport.

Weddings on way to 'quality' hotel

HAVERHILL'S Days Inn hotel can now host weddings and other ceremonies after being granted a civil licence.

The hotel is now able to hold civil partnerships, civil marriages and naming ceremonies.

An open day at the Phoenix Road site on the Haverhill Business Park on Sunday, January 24 will

show prospective brides and grooms around the hotel.

The hotel has also again been awarded top marks by franchisor, Days Inn, in its annual quality standards audit.

The achievement of the top quality standards grade, for the third year running, is another feather in the cap for manager

Donna Revell and her team.

Bill Bailey, marketing director at AHM Ltd, the hotel operator said: "Congratulations to Donna and her team."

"It's been an incredible few years for the hotel and now the third year has got off to an excellent start as well."



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Self-care	Self-care is the best choice to treat very minor illnesses and injuries. A range of common winter illnesses and injuries can be treated at home simply by combining a well-stocked medicine cabinet with plenty of rest.
NHS Direct	For information on all aspects of health and health care, go to www.nhs.uk . It allows you to check your symptoms, check hundreds of conditions and treatments and find telephone numbers and addresses for most NHS organisations, including hospitals and GPs or call 0845 46 47.
Pharmacist	Visit your pharmacy when you are suffering from a common winter health problem that does not require being seen by a nurse or doctor. Your pharmacist can provide advice on common winter illnesses and the best medicines to treat them.
GP	If you have an illness or injury that just will not go away, make an appointment with your local GP. They provide a range of services by appointment, including medical advice, examinations and prescriptions. When absolutely essential, GPs can also provide home visits out-of-hours.
NHS Walk-in Centre and Minor Injury Units	Walk-in centres and Minor Injury Units treat minor illnesses and injuries that do not need a visit to A&E. For more information go to www.nhs.uk
A&E 999	Accident and Emergency departments should only be used in a critical or life-threatening situation. A&E departments provide immediate emergency care for people who show the symptoms of serious illness or are badly injured. Dialling 999 and stating a medical emergency will result in a response vehicle being sent to your location.

Pharmacy Opening Times for Christmas and the New Year	
Friday 25th December 2009	Opening hours
Numark Pharmacy – 2 Adkins Corner, Cambridge	10.00am - 2.00pm
Saturday 26th December 2009	Opening hours
Boots – Retail Park, Newmarket Road, Cambridge	9.00am - 6.00pm
Boots – 28 Petty Cury, Cambridge	8.30am - 6.00pm
Kays Chemist Ltd – 39 Wulfstan Court, Cambridge	9.00am - 1.00pm
Lloydspharmacy – 57 High Street, Burwell	10.00am - 3.00pm
Lloydspharmacy – 9 High Street, Cambourne	10.00am - 1.00pm
Lloydspharmacy – 30 Trumpington Street, Cambridge	10.00am - 1.00pm
Lloydspharmacy – 46-47 Arbury Court, Cambridge	10.00am - 3.00pm
Milton Road Pharmacy – 123 Milton Road, Cambridge	9.00am - 1.00pm
Numark Pharmacy – 2 Adkins Corner, Cambridge	7.00am - 7.00pm
Superdrug Pharmacy - 59 Sidney Street, Cambridge	8.30am - 6.00pm
The Co-operative Pharmacy – 183 Mill Road, Cambridge	10.00am - 4.00pm
Village Pharmacy – 49 High Street, Linton	9.00am - 1.00pm
Monday 28th December 2009	Opening hours
Alliance Pharmacy – 25 High Street, Sawston	10.00am - 3.00pm
ASDA Pharmacy – Beehive Centre, Coldhams Lane, Cambridge	9.00am - 6.00pm
Boots – 28 Petty Cury, Cambridge	10.00am - 5.00pm
Boots – Retail Park, Newmarket Road, Cambridge	9.00am - 6.00pm
Goodwill Pharmacy – 189 Histon Road, Cambridge	9.00am - 1.00pm
Tesco Instore Pharmacy – Yarrow Road, Fulbourn	8.00am - midnight
Tesco Instore Pharmacy – Cambridge Road, Milton	8.00am - 8.00pm
Friday 1st January 2010	Opening hours
ASDA Pharmacy – Beehive Centre, Cambridge	9.00am - 6.00pm
Boots – Retail Park, Newmarket Road, Cambridge	9.00am - 6.00pm

Patient Advice & Liaison Service
The PALS office will be closed 25 & 28 December 2009 and 1 January 2010.
Open 9.00 am - 5.00 pm Monday - Friday Freephone 0800 279 2535
Contraception and Sexual Health Services
The Laurels, Cambridge - Contraception & Sexual Health Clinic closed: 25, 26, 28 December & 1 January
GU Medicine Clinic, Princess of Wales Hospital, Ely closed: 25, 26, 28 December & 1 January
GU Medicine Clinic, North Cambs Hospital, Wisbech closed: 25, 26, 28 December & 1 January
Emergency contraception can be obtained from your GP or a pharmacist.



To access your GP or Dentist out of hours or when the surgery is closed over the Christmas period please telephone your surgery as normal. You will either be given a number to call or your call will be automatically re-directed.



WEEKLY NEWS THE GUIDE

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– Page 27
- What's showing on the big screen
– Page 27
- All the weekend's TV viewing at a glance
– Page 29

Julie comes back home for Christmas . . . and panto!

CHISTMAS for me isn't Christmas without panto," says Julie Buckfield of her return to Cambridge for her sixth year as the Arts Theatre's festive leading lady (or, more accurately, principal boy – this is her second stint as *Dick Whittington*, and she's also played the lead in *Jack and the Beanstalk* and *Aladdin*).

"I've been getting excited since September. Brad [Fitt, director and

Cambridge's panto fave tells PAUL KIRKLEY about the luxury of staying at her parents' home for Christmas – and why she'll still be living with her twin sister Clare, even when she's a married woman.

dame par excellence] phoned me and said, 'I think I've got a rough draft of the script'. I said, 'Pleeease send it to me'. I get so excited. Because you know what you're coming back to – it's a totally different script, different songs, different ideas but it's seeing friendly faces and working with the same people.

"They're such a lovely bunch here. Rehearsals are hysterical – come 4

o'clock we've all got "the 4 o'clock funnies" – we can't even get a line out. It's a real team effort, from Brad writing and directing to Dave at the box office and Roger at stage door. Everybody knows each other and everybody says hello. It's been six years now, and I love it. I love it."

The 33-year-old former *Grange Hill* and *Hollyoaks* star also has another good reason for relishing her annual engagement at the Arts – it means she can stay with her parents in Fenstanton.

"A meal on the table every night, all your washing done? It's fantastic!" laughs Julie, taking a break from rehearsals backstage at the theatre. "What's lovely is, on Christmas Eve, everyone's like 'I've got to get back to Manchester, I've got to get back to Leeds', and I'm like, 20 minutes up the road!"

For Julie, whose older sister Karen lives in Swavesey, Cambridge has now become a second home.

"It's nice because the people of Cambridge always say hello to me," she says. "When I started having my car done by the mechanic near my parents', he said, 'I've been to every single one of your pantos'. So now he foolishly tells me when he's coming and he gets his name read

out and a big wave, and he gets really embarrassed."

"Doing this job, I've been stuck in some rough places for Christmas," she laughs. "Actually I didn't – I drove home. But whenever I tell people where I'm working, they all go, 'Oh what a beautiful place to do panto'. And it is, because Cambridge is magical at Christmas. It's such a beautiful city."

Away from Cambridge, Julie still shares a house with her twin sister Clare, with whom she appeared in *Grange Hill*, and who went on to star in *2.4 Children* and, more recently, *Dancing On Ice*. In August next year, Julie is set to marry her fiancé Sam, who she describes as "a normal person" working in the IT industry. But even that won't mean saying goodbye to Clare.

"Oh no, we're still going to live together when I'm married," she says, as if the idea of one of them moving out had genuinely never occurred to her. "Me and Sam have the whole top floor. My sister and I are so close. Before I met Sam, I always used to say to Clare, 'What are we going to do? We're never going to meet the right man, we're going to be 80 years old, still living together, surrounded by cats,'

banging on the window and shouting, 'get out of my garden!'

"I miss her so much when I'm away. She's about to start panto rehearsals in Carlisle – she's doing *Dick Whittington* as well, but playing Alice."

Before she goes, I ask if Julie can clear something up for me. Sue Pollard once told me that panto was "the hardest work in the world, daahing", while Keith Chegwin insisted it wasn't really work at all – it was just "messing about". So who's right?

"It's a bit of both," says Julie diplomatically. "It is so much fun and, because it's not *Lear*, if things go wrong – if you trip up or you forget your line – you say, 'I'm sorry, I've had a day off', and you invite the audience to go along with it. They love it when anything goes wrong. So that keeps it fresh and keeps it enjoyable."

"They are long days but you know that when you sign the contract, so you don't complain. And, at the end of the day, to hear the audience's reaction and to have people waiting outside to meet you, it's just worth it – it's really, really worth it."

■ **Dick Whittington and his Cat** is on now at the Cambridge Arts Theatre and runs until January 17. Phone (01223) 503333 or go to www.cambridgeartstheatre.com



Team work: Julie as Dick Whittington with Matt Crosby as Idle Jack and Brad Fitt as Sarah the Cook.

CP



Leisure or events news? email jo.deeks@cambridge-news.co.uk phone (01440) 703891

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	Booking: 0871 200 2000	£4.00
		Bargain Tuesday
HAVERHILL - Leisure & Retail Complex, Ehringshausen Way		
OPENS MONDAY DECEMBER 21ST		
#ALVIN AND THE CHIPMUNKS 2: THE SQUEAKUEL U		
(10.30am, 12.30, 2.30, 4.30, 6.30 except F-Su) (8.30 M-W only)		
NOW SHOWING		
#AVATAR 12A Contains moderate violence, threat and language		
F-Su: 10.15am, 12.45, 1.45, 4.15, 5.15, 7.45, 8.45 M-W: 10.15am, 1.45, 5.15, 7.45, 8.45 Th: 11.30am, 3.00, 6.45		
#ST TRINIAN'S 2: THE LEGEND OF FRITTON'S GOLD PG		
10.45am, 1.15, 3.45, 6.15, (9.00 except Th)		
WHERE THE WILD THINGS ARE PG		
(11.00am except Sa), 3.30, (8.15 except Th) (AD) Audio Description (11.00am, 3.30, 8.15 Su only)		
(S) Subtitled Performances (11.00am, 3.30 Su only)		
BOOKING FEES APPLY. PROGRAMME TIMES SUBJECT TO CHANGE.		
(S) Subtitles (AD) Audio Description P Free Parking		



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THE GUIDE

MUSIC

THEATRE

SCREEN

On the Up with Mr Fox

FOLLOWING on from the successful Raverhill event for young people in the summer, it's time for HaverCHILL, also known as The Christmas Mash-Up.

This alcohol-free live event at the Haverhill Arts Centre for 13 to 19 year olds, organised by young people, will take place tomorrow, the last day of the winter term, from 7.30-10.30pm.

It will feature three of the area's finest young bands – Selective Walk (winners of the Haverhill Rock Competition 2009), Lars and the Howling and Cure Caballo (Bury Sound 2009 winners), plus UBDJ, where the audience helps build the playlist for the night. There will also be Live VJ sets by the CB9 Media Hub VJ Crew.

Tickets are now on sale at the box office for £2.50 in advance or £3 on the night. For more information on how to be a DJ go to www.cb9mediabase.org.uk

■ There are two films for the Christmas run up at the arts centre. The animated *Fantastic Mr Fox* (PG), based on the Roald Dahl book, is showing on Saturday at 1.30pm and Monday at 10.30am. With the voices of Bill Murray, George Clooney, Meryl Streep and William Dafoe, the film tells of the time when Mr Fox slips back into his old ways as a sneaky chicken thief and endangers not only his beloved family but the whole animal community.

■ You can see computer-animated *Up* (U) on Saturday at 5pm and Monday at 2.30pm. A feisty septuagenarian does battle with a vicious band of beasts and villains. Carl Fredricksen is a balloon salesman who has longed to wander the wilds of South America. One day, the irascible senior citizen shocks his neighbours by tying thousands of balloons to his home and finally takes flight.

■ For more details about the shows, or to book tickets, phone (01440) 714140 or go to www.haverhillartscentre.co.uk

AFTER the triumph of last season's concert performance of *Die Fledermaus*, The Cambridge Philharmonic Society is performing what may well be the world's most popular opera, Puccini's *La Bohème*, in concert.

Living in a darkened loft with his bohemian companions, poet Rodolfo comes across the beautiful seamstress Mimi. As they leave to join Rodolfo's friends at the Café Momus for a night of fun and festivities the struggling artists can barely afford, they fall head over heels in love.

Set in 1830s Paris, *La Bohème* follows the twists and turns of the lovers' bittersweet relationship as they come to terms with their own hearts.

But things can, and do, go wrong. Marcello and Musetta argue all the time. Rodolfo and Mimi's intense passion doesn't last even though we know, despite their apparent cluelessness, that they still love each other.

And when in the last act, she turns up in the

communal loft, brought in by Musetta who has found the abandoned seamstress sick and unhappy on the streets, it is clear to everyone that she is dying.

Marcello, Musetta and their artist friends run to sell their last belongings to buy medicines, while Mimi and Rodolfo rediscover their love.

Loosely based on Scènes de la vie de bohème by Henry Murger, it has been described as a sort of 19th century version of the hippie dream.

The music ranges from the fun and sensual arias of the beautiful Musetta to Rodolfo and Mimi's tender, exploratory songs, full of wonder and passion, which have become some of the most famous in opera.

The Cambridge Philharmonic Society's blazing, lusty production features international soloists Linda Richardson and Bonaventura Bottone, plus a full orchestra and chorus.

■ **La Bohème, West Road Concert Hall, Saturday 7.30pm.** Tickets cost from £12. Contact the Cambridge Arts Theatre box office on (01223) 503333 or www.camphil.org.uk



Opera lover's favourite: *La Bohème* will be performed by The Cambridge Philharmonic Society, with Linda Richardson, above, among the soloists.

Opera to aid work of charity

INTERNATIONALLY renowned mezzo-soprano, Yvonne Howard, will perform at the stage in Cambridge later this month to help raise funds for a local charity.

The concert, in aid of The James Whale Fund for Kidney Cancer, will be held at the stunning Sidney Sussex College Chapel and will also include performances by In Voco Parentis, with conductor John Perry and flautist Peter O'Connor.

Classic FM's John Brunning will host the night.

Cambridge-based Howard was recently hailed by the international press as one of the finest singing actresses this country has produced.

She studied at the Royal Northern College of Music in Manchester and went on to make her debuts with both the Royal Opera Covent Garden and English National Opera in 1991. Since then she has enjoyed a varied and exciting career in concert and opera throughout the world, taking in concert halls and opera houses in Japan, Brazil, USA, the Middle East and Europe as well as the UK.

Tickets for the concert, on Sunday, are available in advance at £5/£3 from www.tickets.totbuy/ze=3800, or at Sandra Jane (home interiors store), 46-48 King Street, Cambridge CB1 on Saturdays between 9.30am-5.30pm.

Cinema Listings

HAVERHILL CINEWORLD

0871 200 2000
Times from Friday, December 18, until Thursday, December 24.
Alvin And The Chipmunks 2 - The Squeakquel (U): Daily except Fri, Sat & Sun 10.30am, 12.30pm, 2.30pm, 4.30pm, 6.30pm; Mon, Tue & Wed 8.30pm.

Avatar (12A): Daily except Thu 10.15am, 1.45pm, 5.15pm, 7.45pm, 8.45pm; Fri, Sat & Sun 12.45pm, 4.15pm; Thu 11.30am, 3pm, 6.45pm.

St Trinian's 2 - The Legend Of Fritton's Gold (PG): Daily 10.45am, 1.15pm, 3.45pm, 6.15pm; Daily except Thu 9pm.

Where The Wild Things Are (PG): Daily 3.30pm (subtitled Sun); Daily except Sat 11am (subtitled Sun); Daily except Thu 8.15pm.

Planet 51 (U): Daily 1.30pm, 6pm.

Nativity! (U): Daily 10.40am, 3.15pm; Thu 7.30pm.

The Twilight Saga - New Moon (12A): Fri, Sat & Sun 8.30pm.

A Christmas Carol (PG): Daily 1pm, 5.30pm.

G-Force (PG): Sat 10.30am.

The Santa Clause 3 - The Escape Clause (U): Sat 10.30am.

HAVERHILL ARTS CENTRE (01440) 714140

Times from Friday, December 18, until Thursday, December 24.

Fantastic Mr Fox (PG): Sat 1.30pm; Mon 10.30am.

Up (U): Sat 5pm; Mon 2.30pm.

SAFFRON SCREEN

Planet 51 (U):

Daily 12.40pm, 2.50pm, 5pm, 7.10pm.

The Box (12A): Daily 9.20pm; Fri, Sat & Wed 11.50pm.

Law Abiding Citizen (18): Daily except Thu 11pm.

It's A Wonderful Life (U): Sat 3pm; Sun 5pm.

Fantastic Mr Fox (PG): Sun 2pm; Tue 3pm.

CAMBRIDGE VUE

0871 224 0240

Times from Friday, December 18, until Thursday, December 24.

Avatar 3D (12A): Daily 12.10pm, 3.30pm, 7pm; Daily except Th 10.20pm.

Avatar (12A): Daily 1.10pm, 4.30pm, 9pm; Daily except Mon 8pm; Fri, Sat & Sun 11am, 2.10pm; Fri, Sat & Wed 11.20pm; Fri & Sat 5.30pm.

Avatar (ID Required) (18): Sun 5.30pm; Mon 8pm.

St Trinian's 2 - The Legend Of Fritton's Gold (PG): Daily 10am, 12.30pm, 3.10pm, 5.50pm, 8.30pm.

Alvin And The Chipmunks 2 - The Squeakquel (U): Daily except Fri, Sat & Sun 10.30am, 12.20pm, 2.30pm, 4.40pm, 6.50pm.

Where The Wild Things Are (PG): Daily 10.50am, 1.20pm, 6.30pm.

A Christmas Carol 3D (PG): Daily 10am.

A Christmas Carol (PG): Daily 9.50am, noon (subtitled Sun), 2.20pm, 4.40pm, 7pm (subtitled Tue).

Nativity! (U): Daily 1.40pm, 4.10pm, 6.40pm.

The Twilight Saga - New Moon (12A): Daily 3.40pm; Fri, Sat & Sun 7.20pm.

CAMBRIDGE CINEWORLD

0871 200 2000

Times from Friday, December 18,

until Thursday, December 24.

Avatar 3D (12A): Daily 1.10pm, 4.30pm, 7pm; Daily except Th 10.20pm.

Avatar (12A): Daily 1.10pm, 4.30pm, 9pm; Daily except Mon 8pm; Fri, Sat & Sun 11am, 2.10pm; Fri, Sat & Wed 11.20pm; Fri & Sat 5.30pm.

Avatar (ID Required) (18): Sun 5.30pm; Mon 8pm.

St Trinian's 2 - The Legend Of Fritton's Gold (PG): Daily 10am, 12.30pm, 3.10pm, 5.50pm, 8.30pm.

Alvin And The Chipmunks 2 - The Squeakquel (U): Daily except Fri, Sat & Sun 10.30am, 12.20pm, 2.30pm, 4.40pm, 6.50pm.

Where The Wild Things Are (PG): Daily 11am, 4.25pm, 6.50pm; Daily except Sun 8.45pm.

Planet 51 (U): Daily except Fri, Sat & Sun 10.50am, 3.25pm; Fri, Sat & Sun 12.15pm, 2.40pm, 5pm.

Nativity! (U): Daily 1.45pm, 4.10pm, 6.40pm.

The Twilight Saga - New Moon (12A): Daily 9.40pm; Fri, Sat & Sun 7.20pm.

The big film

WHERE THE WILD THINGS ARE (PG, 101 mins)

Drama/Fantasy. Max Records, Catherine Keener, Pepita Emmerichs, Mark Ruffalo and the voices of James Gandolfini, Lauren Ambrose, Catherine O'Hara, Paul Dano. Director: Spike Jonze.

BASED on Maurice Sendak's beloved children's story, *Where The Wild Things Are* is not a sentimental coming-of-age story viewed through a rose-tinted lens.

Spike Jonze's visually-stunning adaptation unfolds through the eyes of an awkward 9-year-old boy, whose formative years are riddled with loneliness, despair and miscommunication. There is no pretence of happiness by the time we reach the conclusion of this magical odyssey. Life is a struggle and, in the absence of a father figure, the boy will invariably go off the rails many more times.

Jonze and co-writer Dave Eggers take Sendak's original story – a mere 10 sentences and 338 words – and expand it into a 101-minute fantasy that attests to the brutality of childhood and the power of the imagination to temporarily keep harsh reality at bay.

Pint-sized hero Max (Records) doesn't feel like his mother (Keener) or teenage sister Claire (Emmerichs) appreciate him. Frustrations come to a



boil when the single parent brings home her new boyfriend (Ruffalo). Max stands on the kitchen table in his favourite white wolf costume and glares at his mother. When she demands he come down, Max makes a scene and growls: "I hate you, I'll eat you up!"

In the ensuing struggle, Max bites his mother and runs off into the night. By chance, he finds a sailboat, which transports the lad to the island home of a race of hulking, fury creatures called the Wild Things, whose actions and emotions are totally unpredictable. Horned-nose Judith (voiced by O'Hara) threatens to eat Max, but he wins over the group's leader Carol (Gandolfini) by pretending to be an exiled king. The fury friends anoint him leader, and Max decrees they build a fort. The other creatures,

including KW (Ambrose) and goat-like Alexander (Dano), do the lad's bidding but Max quickly learns that harmony isn't always possible.

Where The Wild Things Are is heart-breaking, anchored by a mesmerising lead performance from Records, whose face captures every flicker of despair and joy during Max's amazing adventure. The creatures are brilliantly realised using a combination of giant costumes and digital effects, while the vocal performances capture the personalities of these untameable beasts, who share many of Max's woes. The Wild Things teach Max the value of friendship and the consequences of bending the truth. By the end of the film, as we choke back tears, the rotund leader realises how he wrong he was.

(subtitled Sun), 6.45pm (subtitled Mon).

A Christmas Carol (PG): Daily except Fri, Sat & Sun 10.10am; Fri, Sat & Sun 10.50am, 3.25pm.

De Dana Dan (Subtitled (PG): Sat 10am.

CAMBRIDGE ARTS PICTUREHOUSE

0871 704 2050

Times from Friday, December 18, until Thursday, December 24.

Avatar (12A): Daily except Mon, Tue & Wed 11am, 1.30pm; Fri, Sat & Sun 2.10pm, 8.50pm; Mon, Tue & Wed 1pm, 4.30pm; Fri, Sat 12.45pm, 3.15pm; Tue 1.45pm, 4pm.

Where the Wild Things Are (PG): Daily except Tue 6.45pm; Daily except Sat & Thu 9pm; Daily except Sat & Tue 4.30pm; Daily except Sat, Tue & Wed 2.15pm; Sat 12.45pm, 3.15pm; Tue 1.45pm, 4pm.

A Serious Man (15): Daily except Thu 9.10pm; Thu 2pm.

Up 2 (U): Daily except Sat, Tue & Wed 11am; Mon, Tue & Wed 4.40pm; Sat & Sun 4.15pm; Fri 4.50pm; Tue 11.30am; Wed 2pm.

The White Ribbon (15): Fri & Mon 2pm.

Tulpan (12A): Sat & Sun 2pm; Fri 7pm.

Glorious 39 (12A): Tue & Thu 11.30am; Wed 2pm.

The Red Shoes (U): Fri, Sat & Sun 11.30am; Mon, Tue & Wed 6.40pm; Thu 4.15pm.

It's A Wonderful Life (U): Sun 6.30pm; Mon 11.30am; Tue 2pm; Thu 6.45pm.

Metropolitan Opera Live - Les Contes d'Hoffman (bcb): Sat 6pm.

Live Satellite Broadcast: Les Ballets Russes (bcb): Tue 6.15pm.

Bee Movie (U): Sat 11am.

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Fragrant: above, Tree Lily® Nymph, below, Tree Lily® Robina

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9am-8pm. Please note calls will be charged at 5p per minute from BT landlines. Please ensure you have your credit card to hand. Quote VCN66. Delivery: All orders will be acknowledged with an approximate delivery date. Anticipated delivery date will be February, 2010. Offers are subject to availability. If you are not completely satisfied, please return the product in good condition to Van Meuwen within 14 days of delivery, requesting either a full refund or an exchange. Your contract for supply of goods is with Van Meuwen.

If you buy a real Christmas tree, how can you make sure it stays looking its best over the festive season?

Some 30 per cent of people in the UK do buy the real thing each year, yet many are often left with more needles on the floor than on the tree within a week of putting it up, especially if they haven't chosen a non-drop variety such as the ever-popular Nordmann fir.

But if you give any tree the care it needs, it shouldn't drop too much, says Roger Hay, secretary of the British Christmas Tree Growers' Association.

"If you look after trees properly, most of them should look good throughout the festive season," he says.

The spruces will drop before the fir trees or the pine trees, but if you look after them they should be good for six weeks."

Cut trees remain the most popular, and it is essential that they should be fresh when purchased. The needles should not be dull and dried up, the branches not brittle. If you gently shake the tree, the outer



by Hannah Stephenson

needles should not fall off.

When you've bought your tree, keep it outside in a cool, shaded place, preferably standing in water, until it is required indoors.

Before bringing it inside, cut about half an inch off the base of the trunk to open up the pores of the tree and then place it securely in a water-holding stand or wedge it in a bucket with pebbles, small stones or screwed-up newspaper and place it away from direct heat. Anyone who places the tree next to a radiator is asking for trouble.

Keep the container topped up with water every day, as trees can get through a pint a day.

About 8.5 million trees are sold in this country every Christmas, of which half are

Nordmann firs. Hay prefers the Fraser fir (*Abies fraseri*) which is popular in the eastern United States – it is narrower than other trees and therefore more suitable for smaller rooms.

It's worth shopping around on the internet, as trees are likely to be a couple of pounds more expensive than they were last year, he adds.

"Look for growers who are situated in an isolated place away from urban centres. They are less likely to get a big retail market and you may get a better deal and a better tree from them," says Hay.

Remember that trees sold retail in urban areas may have come from out of town and may have been exposed to drying winds in transit. They could have been cut weeks earlier. Ask the retailer whether his trees are delivered either once at the beginning of the season or at different times during the period.

Some people may opt for a tree that will last for years.

"If you are looking for a tree you can plant in the garden afterwards, go for a container-grown tree. You can plant it out after Christmas and may be

able to bring it in again next year," Hay says.

You should put it in a sheltered spot initially and slowly acclimatise it to the open before planting in its final home, making sure the root collar is at ground level and to water it in well.

Visit www.bctga.co.uk for more information.

BEST OF THE BUNCH
Poinsettia

No Christmas would be complete without at least one of these vibrant plants (proper name *Euphorbia pulcherrima*).

Traditionally they have red flowerhead leaves, although you can also buy them in pink and greenish white, which are becoming popular alternatives.

Poinsettias thrive in average temperatures of 18-24°C and should not be placed in cold draughts. They enjoy bright, filtered light throughout their stages of growth, and maximum light during winter.

They should be watered thoroughly, but don't overdo it, and wait until the compost is fairly dry before watering again. If leaves begin to wilt, it will be either because the plant has been over or under-watered.

FOUR Ws

1. WHO...was British Prime Minister 1841-46?

WHAT...have Tom Cruise and Katie Holmes named their daughter?

WHERE...in Europe is the city of Zaporizhzhya?

WHEN...did the BBC TV show *Grandstand* first air?

2. WHO...plays the title role in *Miss Potter*, the film about Beatrix Potter?

WHAT...French general is mentioned in the French national anthem, *La Marseillaise*?

WHERE...in Europe has Traian Basescu been President since 2004?

WHEN...did Queen Victoria die?

3. WHO...is the subject of the Philip Glass music-drama *The Photographer*?

WHAT...are the two main languages of Finland?

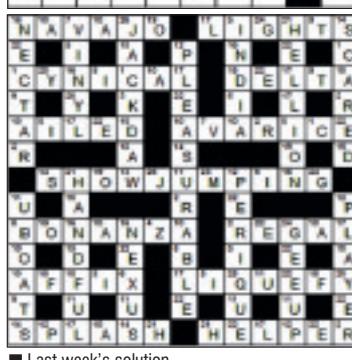
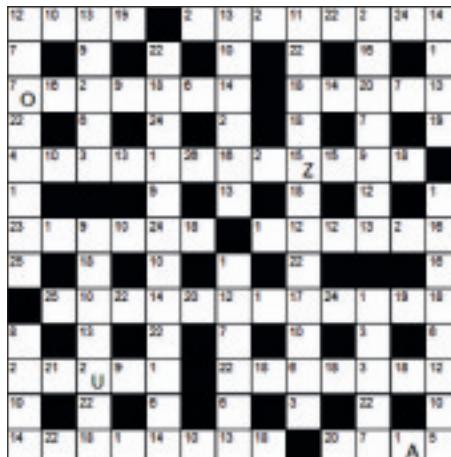
WHERE...in Africa is the Rufiji River?

WHEN...did Switzerland become a full member of the United Nations?

Answers: 1. Robert Peel; Suri; Ukraine; 1958. 2.

Answers: Renee Zellweger; Bouille; Romania; 1901. 3.

Eadweard Muybridge; Finnish and Swedish; Tanzania; 2002.

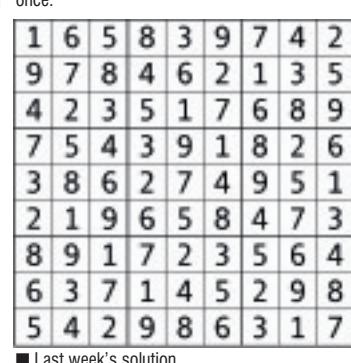


Codeword
3:
Can you crack the code and solve the word puzzle? Each number relates to a letter and every letter of the alphabet is used at least once.

■ Last week's solution.



Sudoku 7x7:
Place a number from 1 to 9 in each empty cell so that each 3x3 block, column, and full row includes each of the numbers from 1 to 9 only once.



■ Last week's solution.

Crossword

2144

ACROSS

1. The decline of French perfume. (7)
4. Does strongbox keep one out of danger? (4)
6. Swear how old? That's mean! (7)
9. Pudding comes following a bit of steak. (6)
11. Bill reaches high spot as a player. (5)
12. Fired by companion, I find fruit. (6)
15. Against a section of the poem? (6)
18. Leaves in pieces. (5)
19. Thanks to strike, I reach S. Pacific island. (6)
21. Detective sounded capital in the Far East. (7)
23. A crew have the last word. (4)
24. Pattern plate? It's full of holes! (7)

Down

1. Sketch a bit, then move slightly away. (4,5)
2. In some respect resembles a ghost. (7)
3. Keep finding fault with the horse. (3)
4. Month before space traveller meets musical group. (6)
5. Feel afraid of strange fare? (4)
7. A religious leader and artists found tapestry. (5)
8. Peer at jewel missing its top. (4)
10. Europeans reel from the sight of cake. (5,4)
13. Urge to lie badly about member. (5)
14. Mac mixes in rice to make sort of pottery. (7)
16. Gunners eat one at home with fruit. (6)
17. Heather loses a boy. (4)
20. A cat can be a tiny thing. (4)
22. Love at sight of single cereal. (3)

Solution to 2143 - Across: 1. Cast; 7. Banish; 8. Onus; 10. End; 11. Taunted; 12. Dye; 13. Maple; 17. Henry; 19. Emu; 21. Spectre; 23. Koi; 23. Left; 25. Nodded; 26. Peal. Down: 1. Crone; 2. Sou; 3. Mature; 4. Mistake; 5. Cheddar; 6. Gadget; 9. Stop; 14. Amusing; 15. Legends; 16. Beckon; 17. Hatter; 18. Noel; 20. Motel; 24. Exe.

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THE GUIDE WEEKEND TV

SATURDAY

BBC1

- 6.00 Breakfast.
10.00 Saturday Kitchen.
11.30 Nigella's Christmas Kitchen.
12.00 BBC News; Regional News; Weather.
12.15 Football Focus.
1.00 Olympia International Horse Show.
1.45 Live Swimming. Day two of the Duel in the Pool.
4.30 Final Score.
5.25 BBC News; Regional News; Weather.
5.45 Merlin.
6.35 Strictly Come Dancing. The final of the pro-celebrity contest.
7.40 Casualty. Ruth confronts her brother following the discovery he has been stealing from her to fund his drug addiction. May's frustrations lead her to play a career-threatening trick on Lenny.
8.30 The National Lottery Draws.
8.40 Strictly Come Dancing. As the competition draws to a close, the couples are given free rein to demonstrate their skills in a spectacular show dance and impress the voting public.
9.40 Live at the Apollo. Rhod Gilbert hosts the stand-up comedy show.
10.10 BBC News; Weather.
10.30 Match of the Day. Highlights of today's Premier League fixtures.
11.40 The Football League Show.
12.55 Friday Night with Jonathan Ross.

BBC2

- 6.00 CBeebies: Me Too!
6.20 Big Cook Little Cook.
6.40 Brum.
6.55 Pingu.
7.00 CBBC: Zombie Hotel.
7.25 Sportsround.
7.40 Bear Behaving Badly.
8.05 The Basil Brush Show.
8.30 TMI.
10.00 Doctor Who: The Infinite Quest.
10.45 Pinky and Perky: It's Christmaaaas!
11.00 The Story of Tracy Beaker.
11.30 The Slammer.
12.00 BBC Switch: The Cut.
12.25 BBC Switch: The Cut.
12.50 BBC Switch: The 5:19 Show.
1.20 Greek.
2.10 Coast.
2.30 Grow Your Own Drugs for Christmas.
3.30 The Hairy Bakers' Christmas Special.
4.30 FILM: Dances with Wolves (1990). Oscar-winning Western, starring Kevin Costner.
7.20 Dad's Army. Captain Mainwaring's brother visits.
8.00 A History of Scotland. How the country has changed since World War One.
9.00 FILM: Blade Runner: The Final Cut (1982). Futuristic sci-fi thriller, starring Harrison Ford.
10.55 Have I Got News for You Xmas 2008.
11.25 Defying Gravity.
12.50 BBC Learning Zone.
1.50 FILM: Macbeth (1948).

ITV

- 6.00 GMTV.
9.25 CITV: Horrid Henry.
9.35 Supernormal.
9.50 Horrid Henry.
10.10 Art Attack.
10.35 FILM: Tooth (2004). Children's fantasy adventure.
12.20 News and Weather.
12.24 Anglia Weather.
12.25 Best Ever Family Films.
1.25 FILM: Jack Frost (1998). Family fantasy drama, starring Michael Keaton.
3.15 FILM: Scooby-Doo 2: Monsters Unleashed (2004). Live-action comedy adventure sequel, with Sarah Michelle Gellar.
5.00 News and Weather.
5.30 Kids Do the Funniest Things.
6.30 Take That: The Circus Live. The group's Wembley Stadium performances in July.
8.00 Stars on the Street. Documentary taking a look at the famous faces who have appeared in Coronation Street.
9.00 FILM: Love Actually (2003). Ten interlinked stories of people searching for and finding love. Richard Curtis's romantic comedy.
11.30 ITV News and Weather.
11.45 FILM: Ready When You Are, Mr McGill (2003) A TV director struggles with a disastrous day's filming. Satirical comedy.
1.35 FILM: Igby Goes Down (2003). Black comedy.

CHANNEL 4

- 6.10 Planet Cook.
6.30 Yo Gabba Gabba.
7.00 World Sport.
7.30 Freesports on 4.
8.00 The Morning Line.
8.55 Friends.
9.25 Pixie Lott Takes Off: T4 Special.
9.55 T4: 4Music Favourites: Alicia Keys.
10.25 T4: Friends.
11.00 T4: The Hollyoaks Music Show.
11.30 T4: Sherlock Holmes: T4 Premiere Special.
12.00 T4: 90210.
1.00 Scrubs.
1.30 Channel 4 Racing.
3.30 My First Year.
4.00 My First Year.
4.30 My First Year.
5.00 Come Dine with Me. Five instalments of the culinary competition.
7.30 Channel 4 News.
8.00 Dover Castle: A Time Team Special. Tony Robinson examines the castle's recent extraordinary restoration.
9.00 Wife Swap: The Last Episode. Bentley-driving lady-of-leisure Torre, swaps with mum of seven Sam Dale who lives on a council estate.
10.05 Wife Swap: The Celebrity Episode.
11.10 Wife Swap: The First Episode.
12.15 FILM: The Cheaters (1945). Christmas comedy, starring Joseph Schildkraut.
1.20 FILM: Live from Abbey Road. 4Music: Live from Abbey Road.

five

- 6.00 Sunrise.
7.00 Angels of Jarm.
7.05 Milkshake! Bop Box.
7.10 Fireman Sam.
7.25 Rupert Bear.
7.35 Hana's Helpline.
7.45 Milkshake! Music Box.
7.50 Make Way for Noddy.
8.05 Bert and Ernie's Great Adventures.
8.10 The Adventures of Bottle Top Bill and His Best Friend Corky.
8.25 The Mr Men Show.
8.40 Harry and His Bucket Full of Dinosaurs.
9.00 Olivia.
9.15 Little Princess.
9.30 Gerald McBoing Boing.
10.00 NFL UK.
11.00 Gadget Show: Gadget of the Decade.
12.00 Britain's Best Brain.
1.00 Animal Rescue Squad.
1.30 FILM: The Gnome-Mobile (1967). Children's fantasy, starring Walter Brennan.
3.10 Five News.
3.15 FILM: Meet the Santas (2005). Fantasy comedy sequel, with Steve Guttenberg.
5.10 Knight Rider.
6.45 Five News.
6.50 NCIS.
7.40 CSI: Grissom's Greatest. Four episodes of the forensic drama series.
11.40 Women Who Kill. Teenage killer Jennifer Twist.
12.10 SuperCasino.

Cranford
BBC1, Sunday, 9pmTake That: The Circus Live
ITV, Saturday, 6.30pmCome Dine With Me
Channel Four, Saturday, 5pmDirty Dancing
five, Sunday, 9pm

SUNDAY

BBC1

- 6.00 Breakfast.
7.45 Match of the Day.
9.00 The Andrew Marr Show.
10.00 Fern Britton Meets Sheila Hancock.
11.00 Country Tracks.
12.00 BBC News.
12.05 Car Booty.
12.50 Match of the Day Live. Newcastle United v Middlesbrough.
3.05 EastEnders.
5.00 The First Christmas: A Songs of Praise Special.
5.40 Life Hamadryas baboons, Japanese macaques and capuchins are among the creatures explored as the focus turns to apes and monkeys.
6.30 BBC News; Regional News; Weather.
7.00 Countryfile at Christmas. Matt Baker and Julia Bradbury head to Adam Henson's farm in the Cotswolds for a festive dinner.
8.00 Antiques Roadshow. Fiona Bruce and the experts head to Abbotsford.
9.00 Cranford.
10.30 BBC News; Regional News; Weather.
10.55 FILM: Ace Ventura: When Nature Calls (1995) The eccentric pet detective is coaxed out of self-imposed exile to travel to Africa and offer his expertise in the search for a sacred white bat. Comedy sequel.
12.25 Sign Zone: Grow Your Own Drugs for Christmas.

BBC2

- 6.00 CBeebies: Me Too!
6.20 Big Cook Little Cook.
6.40 Brum.
6.55 Pingu.
7.00 CBBC: Uncle Max.
7.10 Ooglies.
7.30 Arthur's Perfect Christmas.
8.25 Shaun the Sheep.
8.30 Bear Behaving Badly.
9.00 The Sorcerer's Apprentice.
10.00 Something for the Weekend.
11.30 FILM: Tim Burton's The Nightmare Before Christmas (1993). Animated fantasy, with the voice of Chris Sarandon.
12.40 FILM: One Magic Christmas (1985). Family drama, starring Mary Steenburgen.
2.05 Ski Sunday.
2.50 Live Olympia International Horse Show. The penultimate day at the Olympia Grand Hall.
4.50 FILM: The Eagle Has Landed (1976). British World War Two spy adventure, with Michael Caine and Donald Sutherland.
7.00 James May's Toy Stories. James builds a full-size house out of Legos.
8.00 Top Gear. The hosts bid to prove that cars can be art.
9.00 Oz and Hugh Drink to Christmas. Oz Clarke and Hugh Dennis sample festive drinks.
10.00 Have I Got News for You. With guest host Jeremy Clarkson.
10.30 Match of the Day 2.
11.30 Dara O Briain Talks Funny: Live in London.
12.30 Room 101.

ITV

- 6.00 GMTV.
9.25 CITV: Paz.
9.35 Supernormal.
9.50 Horrid Henry.
10.10 Tricky Quirkies.
10.10 Coronation Street.
12.25 News and Weather.
12.30 FILM: National Lampoon's Christmas Vacation (1989). Comedy, starring Chevy Chase.
2.20 Take That: The Circus Live. The group's Wembley Stadium performances in July.
3.50 FILM: Johnny English (2003). Spy comedy, starring Rowan Atkinson and Ben Miller.
5.30 News and Weather.
6.00 You've Been Framed and Famous! Harry Hill showcases some of the best celebrity lookalike clips sent in by viewers.
7.00 Who Wants to Be a Millionaire? Christmas Special. Radio 2 stars Chris Evans and Terry Wogan are first up in this festive special raising money for charity. They are followed by Coleen and Maureen Nolan, Chris Tarrant hosts.
8.00 Ad of the Decade. Ben Shephard narrates a countdown of the 20 greatest TV commercials of the past 10 years, featuring interviews with the stars of the ads and a host of celebrities.
9.00 The Fattest Man in Britain.
11.00 ITV News and Weather.
11.15 FILM: Analyze This (1999). Comedy, with Robert De Niro.
1.05 Quincy ME.

CHANNEL 4

- 6.20 Planet Cook.
6.40 Yo Gabba Gabba.
7.05 Ocean Race.
8.00 Beach Volleyball.
8.55 T4: Friends. Joey gets competitive.
9.25 T4: Friends.
9.55 T4: Hollyoaks.
12.25 T4: 90210.
1.20 Ugly Betty.
2.50 T4: Friends.
3.20 T4: The Simpsons. Marge regales the kids with how she and Homer met and fell in love.
4.25 T4: The Simpsons.
5.15 Deal or No Deal.
5.15 FILM: Miracle on 34th Street (1994). Christmas family drama remake, with Richard Attenborough.
7.25 Channel 4 News.
7.55 3 Minute Wonder: 12 Days of Christmas. A short festive-themed film.
8.00 FILM: The Family Man (2000). A businessman experiences the life he would have lived if he had not abandoned his girlfriend. Drama, with Nicolas Cage.
10.20 Father Ted. Fathers Dougal and Ted have their worst Christmas ever by getting lost in a store's lingerie department, leaving them in a highly embarrassing predicament.
11.30 Sean Lock: Stand Up. A performance from London's Hammersmith Apollo.
12.35 Cecil B DeMille: American Epic.

five

- 6.00 Sunrise.
7.00 Milkshake! Snobs.
10.35 Wizards of Waverly Place.
11.10 Hannah Montana.
11.45 Zoo Days.
11.50 Crusoë.
1.40 FILM: Scrooge (1951). Charles Dickens' fantasy, starring Alastair Sim.
3.25 Five News.
3.30 FILM: Matilda (1996). Children's fantasy comedy, starring Mara Wilson.
5.30 Heads or Tails.
6.30 The Gadget Show: Winter Special.
6.55 FILM: Christmas with the Kranks (2004). A couple decide to steer clear of the usual festive celebrations in favour of a holiday in the sun, prompting their disappointed friends to pull out all the stops to get them to change their minds. Comedy, starring Jamie Lee Curtis, Tim Allen and Dan Aykroyd.
FILM: Dirty Dancing (1987). Romance blossoms as a dance instructor teaches a naive teenager about life and love. Drama, starring Patrick Swayze and Jennifer Grey.
11.05 FILM: An American Haunting (2005). Premiere. An evil spirit haunting a 19th-century family is linked to a witch's curse. Fact-based horror, starring Donald Sutherland and Sissy Spacek.
12.50 NFL Live.

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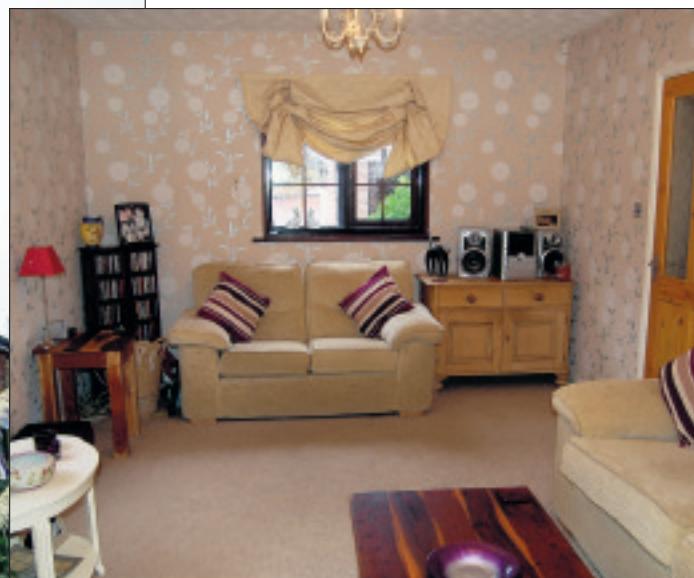
THIS imposing house occupies a fine edge-of-town position within the Boyton Hall development in Haverhill.

The accommodation is beautifully presented and includes an entrance hall with cloakroom off, a living room, separate dining room, refitted kitchen, three first-floor bedrooms and a bathroom.

There is also a garage and further off-road parking.

This smart, modern home is on the market for £199,950.

For more information, contact Balmforth on (01440) 707976.



Well-presented terrace to be rented

THIS mid-terrace house in Turner Close, Haverhill, offers attractive accommodation and a garden. It can be rented for £585 per calendar month.

The property has two bedrooms, a

living/dining room, kitchen and bathroom. There is a garage and further off-road parking. Pets are not permitted.

To arrange a viewing, contact Preview Property Services on (01440) 714219.



Modern home with two bedrooms

SITUATED in Cramswell Close, Haverhill, is this modern two-bedroom house.

It consists of two bedrooms, a living/dining room, kitchen and bathroom. The property is carpeted throughout and has gas central

heating. A garage provides off-road parking. This property is available to rent for £595 per calendar month. Pets are not allowed.

To find out more, contact Preview Property Services on (01440) 714219.



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YOUR GUIDE TO MOVING HOME

1 Moving home can be a complicated business and, in the hectic run to the big day, it is all too easy to forget something vital. The Property News offers their readers this handy checklist that should help avoid major pitfalls. We suggest you tick off the items as you deal with them...

WITH FOUR WEEKS TO GO:

- Get estimates from removal companies, checking that comprehensive insurance cover is available against damage or loss. Is there a packing and unpacking service? Confirm the date of your move with the firm you have chosen.
- Check on your home contents insurance policies to ensure that you are covered for the move, and covered at your new address.
- Make arrangements for your gas and electricity meters (plus water meters where relevant) to be read and all your appliances to be disconnected on the day of your move.
- Arrange to take over gas and electricity at your new address, and make sure that all appliances will be properly fitted, plumbed or connected.
- Notify British Telecom and ask them to make the necessary arrangements for a final account at your present address, and for taking over or installing telephone facilities at your new home.
- Arrange for change of address cards to be printed.

WITH TWO WEEKS TO GO:

- Confirm all arrangements, times etc, for meter readings, disconnections and reconnections, with authorities and with your buyer and seller.
- Make sure you have a good stock of packing materials, including sturdy boxes and plenty of string and sticky tape.
- Begin to throw out unwanted items from attics, wardrobes. What you really don't want you may as well dump now, or send to charity. It's a great time for a good sort out!

WITH ONE WEEK TO GO:

- Send off change of address cards.
- Arrange and pay for automatic redirection of your mail by the Post Office.
- Cancel and pay up accounts for routine delivery services such as milk, groceries, fuel and your Cambridge Evening News. Re-organise these deliveries for your new address.
- Defrost refrigerators in preparation for move and, if you are moving a freezer and its contents, turn it up to maximum for a couple of days before you move.



WITH ONE DAY TO GO:

- Complete your packing except for those items you are likely to need overnight, and prepare a picnic for moving day.
- Have a large enough cash 'float' available to deal with unexpected expenses, and make sure you have collected documents and valuables together in a safe place.
- Cover carpets which are being left behind, so as to minimise damage during furniture removal.
- Check through previous lists to make sure nothing has been overlooked, then enjoy a worry-free early night!

2 ON MOVING DAY:

- Strip beds and pack bedding and nightclothes.
- Pack items for washing/toiletries.
- Take down curtains.
- Take up rugs, carpets, floor coverings, as required.
- Dismantle any light fittings etc., not included in the sale.
- Turn off electric appliances.
- Disconnect cooker.
- Turn off boiler/central heating.
- Turn off water.
- Read gas meter.
- Read electricity meter.
- Secure all windows.
- Lock all doors.
- Leave key as arranged with new owners.
- On arrival at your new home, unpack slowly and methodically so that you can check for loss or damage.

3 EXTRA HINTS FOR A SMOOTH MOVE...

WHO TO NOTIFY:

- Banks.
- Building Societies.
- Credit companies.
- Insurance companies.
- Gas, Electricity and Water Boards.
- Telephone company.
- Local Authority (Rating Department).
- Driving Licence authorities.
- Inland Revenue.
- Store cards and accounts.
- Other lease, hire or rental companies.
- Employer.
- Doctor.
- Dentist.
- Schools.
- Professional Bodies/Trade Unions.
- Motoring organisations.
- Newsagent.
- Friends and relatives.



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**Haverhill****£294,950**

A spacious and well-proportioned individually designed detached 4 bedroom home, set in a non-estate location.
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 • In And Out Driveway

**Haverhill****£134,950**

A beautifully presented and improved modern two-bedroom home, set in a popular residential location on the Cambridge side of town overlooking an area of woodland. The property benefits from a refitted kitchen and bathroom suite. 57 sq.m. (613 sq.ft.).

**Little Wratting****£249,950**

A nicely extended four / five bedroom family home with near 200ft back garden, garage and lots of parking. Set in a pleasant edge-of-village location. 126 sq.m. (1356 sq.ft.).
 • Four / five bedrooms • Two reception rooms • Refitted kitchen / dining

**Haverhill****£249,950**

A delightful detached three bedroom bungalow, located on the highly desirable Roman Way development.

Kedington**£229,950**

A spacious extended chalet-style home, offering generous and versatile living accommodation, with 3 first floor bedrooms and 3 ground floor reception rooms, located in the heart of the popular village of Kedington. 123 sq.m. (1323 sq.ft.).

**NEW PRICE****£129,950****Kedington****£129,950**

A spacious three bedroom end of terrace home located in the pleasant village of Kedington. The property benefits from a generous kitchen/diner and no onward chain.

**Great Bradley****£349,950**

A spacious and well-proportioned 4-bedroom detached individually designed family home, nicely set in a secluded position in the popular village of Great Bradley and benefiting from an excellent fitted kitchen, conservatory, and double garage with ample parking. 148 sq.m. (1593 sq.ft.).

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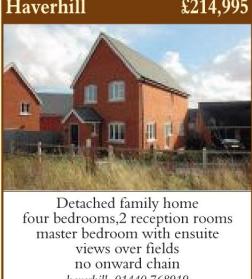
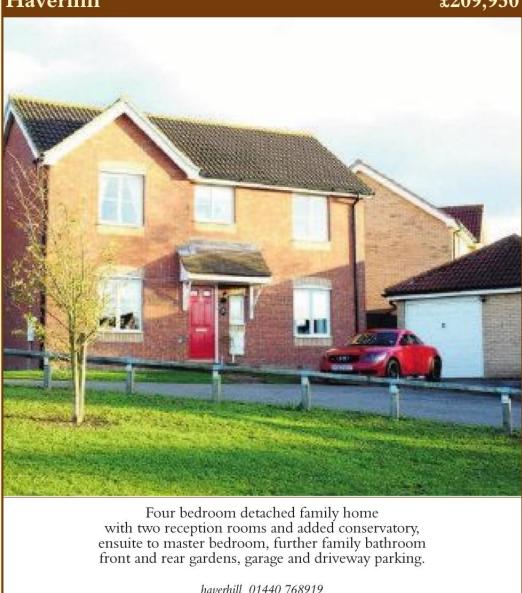
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Colbeck Road



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	Kedington £170,000 NEW	 Haverhill £214,995 Detached family home four bedrooms, 2 reception rooms master bedroom with ensuite views over fields no onward chain haverhill 01440 768919	 Hundun £225,000 NEW Detached bungalow in the sought-after village of Hundun. 2/3 bedrooms, ensuite to master bedroom, 22' lounge, front & rear gardens, garage. haverhill 01440 768919	 Haverhill £189,995 NEW PRICE three bedroom semi-detached house with two reception rooms re-fitted kitchen, ground floor WC and 1st floor bathroom well-maintained front and rear gardens haverhill 01440 768919
 Haverhill £227,500	 Kedington £189,950	 Haverhill £209,950 Four bedroom detached family home with two reception rooms and added conservatory, ensuite to master bedroom, further family bathroom front and rear gardens, garage and driveway parking. haverhill 01440 768919	 Haverhill £212,000 SSTC SIMILAR REQUIRED	 Kedington £347,000 Detached family home 4 double bedrooms 3 reception rooms Swimming Pool Garage & driveway haverhill
 Haverhill £169,995 Modern townhouse Three bedrooms Kitchen/breakfast room Ensuite to master Cloakroom	 Haverhill £199,995 SSTC SIMILAR REQUIRED	 Haverhill £195,000 Detached family home with three double bedrooms on the Cambridge side of town Two reception rooms, ground-floor cloakroom, ensuite to master, carport and driveway haverhill 01440 768919	 Haverhill £172,000 Modern townhouse Kitchen Diner L-shaped lounge Three double bedrooms Ensuite to master haverhill 01440 768919	
 SSTC SIMILAR REQUIRED	 Hundun £169,995 Extended semi-detached home Three bedroom Two reception rooms Bath and shower rooms Garden and parking Clare			

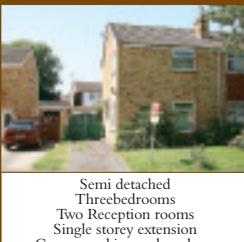
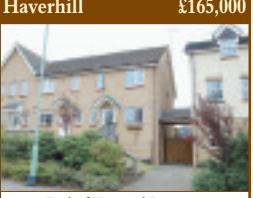
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Haverhill £99,995  Mid terrace House One bedroom Lounge/diner Kitchen Rear Garden Haverhill 01440 768919	Haverhill £107,000  SSTC SIMILAR REQUIRED	haverhill £127,500  three bedroom end of terrace property on the Chalkstone development with recently fitted kitchen, lounge/diner, ground-floor W.C., gas central heating haverhill 01440 768919	haverhill £145,000  SSTC SIMILAR REQUIRED	Haverhill £152,000  NEW PRICE Semi detached family home with three bedrooms, recently fitted kitchen/diner, for sale with vacant possession, detached garage and driveway, good sized frontage. haverhill 01440 768919
Haverhill £109,995  Apartment Two bedrooms Lounge/diner En-suite Allocated parking Haverhill - 01440 768919	haverhill £119,995 	Kedington £159,995  Semi detached Threebedrooms Two Reception rooms Single storied extension Garage, parking and gardens. Haverhill - 01440 768919	Haverhill £144,995  A two bedroom victorian terraced property close to haverhill town centre lounge, dining room, kitchen, ground floor W.C., ensuite bathroom to master bedroom haverhill 01440 768919	haverhill £159,995  SSTC SIMILAR REQUIRED
Haverhill £116,950 	haverhill £122,000  3/4 bedrooms town centre location cellar, 2 reception rooms rear garden allocated parking haverhill 01440 768919	Kedington £125,000  SSTC SIMILAR REQUIRED	Haverhill £145,950  Two bedroom cottage Lounge Kitchen Diner Utility Room 210' REAR GARDEN Haverhill 01440 768919	Haverhill £165,000  End of Terraced Property Three Bedrooms Ensuite to master ground floor cloakroom garage and driveway haverhill 01440 768919
Haverhill £77,500  50% shared ownership End of terrace property three bedrooms lounge/diner off-street parking Haverhill 01440 768919	haverhill £89,995  End of terraced family property on the Chalkstone development three bedrooms, separate dining room, fitted kitchen and bathroom, communal parking to rear, enclosed rear garden haverhill 01440 768919	Haverhill £125,000  SSTC SIMILAR REQUIRED	Haverhill £89,995  First floor maisonette One bedroom Lounge/diner fitted kitchen parking Haverhill 01440 768919	NATIONAL ASSOCIATION NAAE ESTATE AGENTS 



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Make way for Cubism



Cube will kickstart year

SMALL cars were largely behind November's huge UK-wide showroom sales boost, and more new models will see the surge continue into the new year.

With official new-car registrations up 57.8 per cent on the November 2008 figure, and manufacturers such as Ford, Vauxhall and Peugeot hailing the success of their superminis, January could kick off a boom year for the industry.

Keeping the sales charts

in good shape will be the Cube, a much-anticipated new model from Nissan which should quickly achieve cult status when it goes on sale here in January.

Named as a design icon in its own right by the London Design Museum, which labels the Cube as "one of the 50 cars that changed the world", the quirky runabout has been a million-seller in Japan.

That will change when Nissan puts just 2,000 up for grabs next year, with

the first 100 examples labelled LDN special editions, priced at £14,600 and all finished in a unique chocolate colour with matching suede interior trim.

The other 1,900 examples will come in two trim levels, priced from £14,000, and get Nissan's 1.6-litre, 108bhp petrol engine that returns 42.8mpg overall.

A 1.5-litre diesel unit will be offered from next May.

But it's the look, and what the Cube is all about,



The Nissan Cube: Five-seater.

that should rocket it to the level of success not seen since the first BMW Minis were put on sale.

Nissan says the five-seater places function ahead of form with a lounge-style cabin and curve-themed interior design.

A large triple-layered glass roof comes as standard, together with rear privacy glass, Bluetooth connectivity and cruise control.

Nissan's UK managing director Paul Willcox can't wait for the Cube to arrive.

"Here we have a car that will not only meet the functional requirements of a huge range of new car buyers, but also capture their imagination," he says.

Scrapage reduces CO2 output

THE average CO2 emissions of a car bought through the scrapage scheme was 133g/km, 10 per cent below the overall new car market average and 27 per cent below a scrapped car's emissions.

Commenting on the data, Society of Motor Manufacturers and Traders (SMMT) chief executive Paul Everitt said: "Scrapage continues to have a

positive impact on vehicle registrations, contributing to the 57.6 per cent increase in November's registrations. It has helped generate consumer confidence, and SMMT urges Government to sustain the recovery and support the long-term future of the motor industry."

The Scrapage Scheme accounted for 21.6 per cent of all new car sales.

C30 1.6D DRIVe wins eco-award

THE new Volvo C30 1.6D DRIVe with Start/Stop has been awarded TheGreenCar Website.co.uk's Green Car of the Year.

The Volvo C30 DRIVe stormed ahead in the online poll beating rivals like the Toyota Prius and BMW 316d.

Emitting only 99g/km of CO2, the new Volvo C30 1.6D DRIVe with Start/Stop not only qualifies for free annual Vehicle Excise Duty, but offers up to 74.3 mpg on a combined cycle resulting in about 850 miles on one tank of fuel. These eco credentials make it one of the most fuel efficient vehicles in its class without compromising on style and comfort.

On top of receiving an overwhelming majority of votes from visitors to the site, the Volvo C30 DRIVe was also unanimously voted green car of the year by the motoring journalists behind TheGreenCar Website.co.uk. TheGreenCarWebsite.co.uk's editor,



Eco-ace: The Volvo C30 1.6D DRIVe with Stop/Start.

Faye Sunderland, said: "The C30 1.6D DRIVe with Start/Stop technology is genuinely a fantastic addition to the 'green scene' this year. In such a short space of time, Volvo successfully slashed its emissions and as a relative newcomer in the green car market, it is impressive to see the Swedish carmaker make such strong progress in a short time. A deserved winner, Volvo can afford to be very proud of the C30 DRIVe as its flagship green model."



Inside the Cube: Wavy lines are designed to suggest the calm of a flowing river.

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2005 (55) SAAB 93 1.9 TID VECTOR 4 DOOR DIESEL, Metallic Silver, Climate Control, Leather Upholstery, Cruise Control, Remote Central Locking, Electric Windows, Headrests, CD Player, One Owner, 66,507 Miles..... £5,995

2006 (56) VOLKSWAGEN GOLF 1.9 S TDI 5 DOOR DIESEL, Metallic Silver, Air Conditioning, Power Steering, Remote Central Locking, Electric Windows, One Owner, 82,801 Miles..... £6,995

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2003 (03) SAAB 93 1.9 TID VECTOR 4 DOOR DIESEL, Metallic Grey, Climate Control, Partial Leather Upholstery, Cruise Control, Power Steering, Electric Windows, Remote Central Locking, ABS, CD Player, Alloy Wheels, 89,896 Miles..... £5,995

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2003 (03) SEAT IBIZA 1.4 TDI SPORT 3 DOOR DIESEL, Metallic Grey, Air Conditioning, Power Steering, Remote Central Locking, Electric Windows, CD Player, Alloy Wheels, 67,492 Miles..... £4,395

2003 (53) CITROEN C3 1.4 HDI SX 5 DOOR DIESEL, Metallic Green, Air Conditioning, Power Steering, ABS, Remote Central Locking, Electric Windows, CD Player, 63,032 Miles..... £3,995

2001 (5) LAND ROVER FREELANDER 18 ES 5 DOOR, Black, Air Conditioning, Leather Upholstery, Electric Sunroof, Power Steering, Remote Central Locking, Electric Windows, CD Player, Roof Bars, Alloy Wheels, 56,660 Miles..... £3,995

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2002 (02) ROVER 25 L 1.4, PAS, 68k, s/r, FSH..... £1,695
01 (Y) PEUGEOT 106 ZEST 2, PAS, s/r, c/l, CD/radio, alloys..... £1,295
00 (X) VAUXHALL CORSA 1.0 CLUB, PAS, FSH, met blue..... £795
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07888 745692
01799 524271

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Toyota Corolla Auto
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01763 248640 o.
07515 102134 T.

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01353 661496

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Vauxhall Corsa 1.2
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£650
SOLD

Vauxhall Astra Twintop 1.8
Sport, 2000, Silver, 34,000 miles, Alloys, 12 months MOT & Tax, 4 recent tyres, Folding steel roof, Manuel, 1 lady owner, FSH, vgc
£9,200 ono
01480 431161

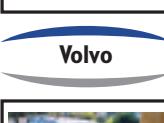
Vauxhall Cavalier GLS 2L
1995, Maroon, 99,000 miles, ABS, Alloys, Airbag, E/W, MOT May '10, S/Roof, PAS, Part service history
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Golf Automatic
One owner, FSH, 1997, 12 mths MoT, 4 mths tax, all extras, outstanding condition
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07515 102134 T.

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NISSAN MICRA 1.3i GX
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07881 633006.T

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07792 064183 .T

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Rover-MG

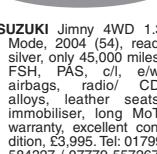
Rover 416 I
1998 R reg'd, 130,000 miles, 1 owner, service records, MoT Sept '10, vgc
£380 ono
01763 261169

Peugeot

Peugeot 106 Independence
Petrol, 2002, Blue Met, 35,000 miles, MOT, Tax, Excellent condition, 1000cc
£2,100 ono
07979 235910
07970 003194



PEUGEOT 106 XL ZEST 3 1.1
1999 (T), 3 door, radio/cd, airbag, e/w, silver, 64,000 miles, MoT Oct 2010, www.smallcarsonly.co.uk
£1,695
01440 730104

SUZUKI Jimny 4WD 1.3 Mode

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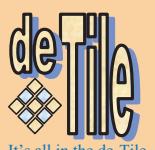
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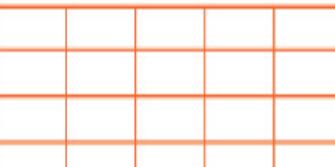
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>> Weekend statistics

Results, tables

FOOTBALL

Saturday

RIDGEONS FOOTBALL LEAGUE Premier Division

Debenham	0	Harrowich & P	0
Ely City	0	Walsham-le-Willows	0
Felixstowe & W	2	Norwich Utd	1
Hadleigh	1	Histon res.	1
Haverhill Rov	3	Woodbridge Tn	1
Kirkley & Pakefield	1	CRC	1
Mildenhall	2	Leiston	1
Needham Market	5	Wisbech Tn	0
Newmarket Tn	3	Dereham Tn	0
Wroxham	0	Stanway	0

P W D L F A Pts

Needham Mkt	22	16	4	2	51	20
CRC	20	16	3	1	54	14
Leiston	21	15	1	5	56	24
Stanway Rovers	20	12	4	4	49	19
Felix & W Utd	20	10	4	6	29	32
Mildenhall Tn	19	10	2	7	37	37
Kirkley & Pakefield	17	9	3	5	31	17
Wisbech Town	20	9	5	6	36	25
Debenham Lc	18	9	2	7	34	30
Wroxham	18	8	4	5	32	25
Debenham Tn	21	8	3	6	36	30
Newmarket Tn	21	8	3	10	42	36
Histon Res.	21	8	4	9	38	48
Walsham Le Willows	20	7	5	8	32	30
Hadleigh Utd	20	7	5	8	28	39
Ely City	19	7	3	9	31	36
Haverhill Rovers	18	6	5	7	29	30
Norwich Utd	22	5	6	11	32	40
Woodbridge Tn	21	2	0	19	16	60
Wivenhoe	18	2	0	2	16	9
Harwich & Ptnk	19	1	0	18	12	67
Tuesday: Haverhill Rov v Kirkley & Pakefield (post).						

KERSHAW LEAGUE

Premier Division: Cambridge University Press 6 Newmarket Tn res 0, Cottenham Utd 2, Lakenheath 4, Eaton Socon 1 Ely City res 0, Fordham 0 Foxton 1, Fulbourn Institute 1 Great Shelford 0, Histon A 2 Needingworth Utd 1, Littleport Tn v Hunden (post), West Wrating 1 Waterbeach 1.

	P	W	D	L	F	A	Pts
CUP	12	9	3	0	37	9	30
Whittlesford Utd	15	9	2	4	42	23	29
Hartdene	14	9	5	2	28	18	26
Ely City Res	18	8	4	4	28	22	25
Fulbourn Institute	11	8	2	5	24	17	23
Littleport	13	6	3	2	28	17	23
Foxton	12	6	3	3	32	26	21
Great Shelford	10	6	2	2	23	13	20
Watereach	14	5	4	4	20	20	20
Lakenheath	11	6	0	5	33	21	18
Histon A	15	4	6	5	27	22	18
Cottenham Utd	13	5	3	21	23	18	
Eaton Socon	14	5	2	7	22	28	17
Over Sports	13	3	7	3	19	22	
West Wrating	12	4	2	6	27	25	14
Newmarket Res	14	3	0	11	16	42	9
Hedingham Utd	16	1	1	14	15	60	4
Fordham	14	0	1	13	15	55	1

Senior A: Castle Camps 1 Hemingfords Utd 0, Cherry Hinton 1 Milton 1, Girton Utd 1, Hardwick 1, RHS Utd 4 Great Paxton 0, Sawston Utd 3 Somersham Tn 0, Soham Tn Rangers res 0 Brampton 4, Wisbech Tn res 4 Chatteris Tn 2.

	P	W	D	L	F	A	Pts
Somersham	13	11	1	1	40	11	34
Chatteris	12	11	0	1	38	7	33
Hardwick	12	10	3	3	37	14	27
Girton Utd	12	6	4	2	30	14	22
Hemingfords Utd	15	6	3	3	33	31	20
Cherry Hinton	13	6	2	5	29	21	20
Sawston Utd	12	5	2	7	27	23	20
Debenham	15	4	7	3	33	34	16
Brampton	12	4	3	5	20	23	15
Wisbech Res	13	5	5	5	25	28	14
Soham Rgrs Res	13	3	4	6	27	32	13
Milton	11	4	1	6	24	30	13
RHS Utd	12	3	1	8	24	42	10
Great Paxton	12	3	1	8	13	45	10
Mildenhall Res	11	3	0	8	14	28	9
Castle Camps	14	2	0	10	18	47	8

Senior B: Comberton Utd 1 Soham Utd 4, Great Chesterford 3 Fowlmere 3, Haddenham Rovers 2 West Wrating res 2, Outwell Swifts 3 March Tn Utd res 4, Saffron Crocus 2, Cottenham Utd res 1, Swavesey Institute 3, West Rov Gunners 1, Wisbech St Mary 3 Ely City A 2.

	P	W	D	L	F	A	Pts
Linton Granta	13	11	1	1	64	11	34
West Rov Gunners	12	9	2	1	40	14	29
Soham Utd.	11	8	2	1	33	14	26
Outwell Swifts	13	7	3	3	38	22	24
Wisbech Tn	12	7	1	4	34	19	22
West Wrating Res	14	6	4	4	32	25	22
Great Chesterford	13	5	4	4	26	24	19
Ely City A	13	5	3	5	22	29	18
Fowlmere	13	4	6	3	23	27	17
Swavesey Institute	14	4	6	6	31	36	16
Saffron Crocus	14	3	4	7	20	32	13
Comberton Utd	12	3	3	6	15	32	12
Haddenham Rov	10	3	2	5	21	27	11
March Td Res	14	2	4	8	16	35	10
Cottenham Utd Res	14	2	0	17	10	35	8
Bluntnish Rgrs	14	1	3	10	10	46	6

BIS LEAGUE

Division 3A: Camdon Utd res 2 RHS Utd res 5, City Lite 3 Eaton Socon 0, Foxton res 0 Great Chesterford res 6, Great Shelford A 2 Abington Utd 0, Hunden res 0 Sawston Tn res (post), Linton Granta res 9 Steele Morden 3, Lode 2 Fowlmere Institute A 3.

Division 4A: Fyleleaves 5 Mott MacDonald 3, Fowlmere res 1 Fuxford Utd res 4, Glemsford 5 Litlington Athletic 1, Hempstead Utd 3 Saffron Rangers 5, Orwell 1 Cherry Hinton res 2, Steele Bumpstead res 3 Sawston Rovers res 2.

Division 5A: Cambridge Athletic 4

HOCKEY EAST WOMEN'S LEAGUE

Division 2NW: Louth 4 Cambridge Nomads 0, Spalding 1 St Neots 0, Foxton 1 Lincoln 0, Cambridge Univ II v Bourne II, Haverhill 0 City of Peterborough II 0.

>> Youth football



Real gems: Haverhill Rovers' under-14 side line up in their new kit, sponsored by Tony Strowger Jewellers in Haverhill. Back row, left to right: Jordan Cowdrey, Christian Rose, Ryan Bowerbank, Rob Wyatt, Joe Folan, Kyle Clarke and Tony Strowger.

CP

>> Table tennis

Reardon absence sparks NCI rout

NCI's quest for the Cambridge & District League, Division One title was strengthened with a resounding victory over Haverhill. They secured a 9-1 win against a Haverhill team without the services of Tony Reardon, while at the other end of the table, Over remain rooted to the bottom after a 10-0 defeat by St Ives I.

Results: Division One: Impington 7 St Ives II 3, St Ives I 9 Haverhill 1, St Ives 10 Over 0.

Rovers' run over

Haverhill Rovers 0 Ransomes 1

Eastern Junior Alliance, Suffolk Division HAVERHILL Rovers lost their unbeaten record in a pulsating game at Hamlet Croft. Ransomes took advantage of early sluggishness after Rovers' two-week break and created two or three opportunities which the home side managed to repel.

However, the only goal came when an innocuous free kick was pumped into the box. Rovers' keeper Saville miscued his punch and a Ransomes forward forced the ball home.

Rovers laid siege to the Ransomes goal in the second half but were unable to equalise. Gage had a header cleared off the line, Clarke was foiled by the keeper and Taylor smashed a left-footed drive against the underside of the bar but the visitors held on.

Thurlow 0 West Wrating 7

Cambridge and District Colts League, under-13C WEST Wrating went to town in the second half to win an enthralling derby.

Jack Payne struck the post for Wrating early on before Mason Iron went close for Thurlow.

However, Mark Coulson broke the deadlock before half time and afterwards Wrating took a stranglehold on the contest.

Ben Murray, Ryan Cooper, Scott Ankers, man-of-the-match Coulson, Lewis Massie and Harvey Scotton scored as the away side went through the gears.

Cottenham Utd 3 West Wrating 4

Cambridge and District Colts League, under-12 Knockout Cup

WEST Wrating had to dig deep to win a seven-goal thriller and progress to the next stage.

The hosts took the lead on 10 minutes, but Ellis Wiffen's first goal levelled matters and provided the spark for a stunning spell for the visitors, who raced into a 4-1 lead with goals from Charlie Ellam, Mo Horsley and Wiffen again.

Cottenham pulled a goal back before the break and added a third soon after, but Wrating composed themselves and produced the better chances – Jack Harvey hitting the post and Keaton Dial going close – to increase their tally.

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WEEKLY NEWS SPORT

December 17, 2009 email: haverhillsport@cambridge-news.co.uk

Junior football review



FULL REPORT IS ON PAGE 47



Racquetees: Youth section coach Lorna Smith with a group of the Haverhill club's junior members.

Picture: Tudor Morgan Owen

» Badminton

Try a free session, offers club

THE Haverhill club are offering a free taster session for any youngsters keen to join their recently-formed junior section. Launched in September and staged at Castle Manor Business Enterprise College on Tuesday evenings, the section had a further boost the following month when coach Lorna Smith passed her Badminton England Level 2 coaching certificate in October. "This was not only a great personal achievement but also a significant step towards Clubmark Accreditation and Badminton England Premier Club status, both of which we are working towards," said Mary Dorney, the junior club's coach. "Junior coaching sessions are designed to be fun but also allow you to improve your technique and understanding of the game. "We are offering a free first session to juniors during January, and would like to relay our special thanks to Haverhill Town Council for funding."

Anybody interested in playing badminton can contact Smith on 01440 712339

» Golf

What Catie did next

CATIE Heathfield had another successful day at the Haverhill club, winning the Ladies' Saturday Medal by four shots.

Details: 1 Catie Heathfield nett 73, 2 Doreen Darby on countback from Lyn Fish nett 77.

■ Duncan Galloway, playing off 11, had the lowest gross score – 73 – in the first of two medal matches for the club's men. His handicap has now been reduced to nine.

Division One: 1 Duncan Galloway 73-11-62, 2 Dennis Harkness 74-7-67, 3 Stuart King 84-12-72. Division Two: 1 Graham Hepworth 91-20-71, 2 Joe Davis 86-15-71, 3 John Annand 92-20-72. Division Three: 1 Roger Harley 95-28-67, 2 Stephen Bush 95-25-70, 3 Duncan Watson 97-26-71.

■ Dave Nicholas won the Saturday medal with a stunning nett 65.

Division One: 1 Eric Kiddle 75-9-66, 2 Chris Vince 75-6-69 on count back from Lee Chandler 75-6-69.

Division Two: 1 Dave Nicholas 84-19-65, 2 Graham Kennedy 79-13-66, 3 Roger Wheatley 86-20-66.

Division Three: Roger Peyton 100-26-74, 2 Derek Olive 103-26-77, 3 Martin Mansfield 101-21-80.

■ Liam Merritt has had his handicap trimmed by three after winning the December Junior Medal with an impressive nett 65.

1 Liam Merritt 86-21-65, 2 Michael Perrett 92-18-74, 3 Thomas Marsh 85-7-78.

» Football

That's Dan-tastic

Haverhill Rov 3

Woodbridge Tn 1

Ridgeons League, Premier Division

HAVERHILL collected three valuable points with a comfortable win over strugglers Woodbridge on Saturday.

Marc Abbott opened the scoring two minutes before half time, collecting Scott Wilby's pass and then seeing his chip deflected over the visiting keeper and into the net.

Martin Westcott and Jamie Challis came close to extending the lead in the second half, but Danny Shipton got the vital second goal in the 68th minute when his free kick slipped through the keeper's hands.

Substitute Shaun Banham put the result beyond doubt four minutes from time to increase Rovers'

advantage over the three sides rooted to the bottom of the Premier Division. The visitors netted a consolation goal a minute later.

However, Rovers' match against Kirkley & Pakefield on Tuesday was postponed because of the freezing conditions. They are due to travel to Dereham on Saturday for the first leg of the festive programme which pits them against Newmarket (away, Boxing Day) and Ely (home, Bank Holiday Monday).

■ Tom Day struck late in the game to give West Wrating a point in their Kershaw League, Premier Division clash against Waterbeach.

Sammy Lawson put Waterbeach ahead in the 70th minute but Day

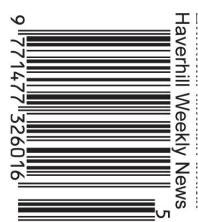
struck late to seal a draw for the depleted home side, who had several first-choice players missing.

West Wrating boss Mike Bavester said: "Considering the side I had to put out, it was a good point. I was just pleased to get something out of the game."

It was a vital point in Wrating's bid to move away from the drop zone, but Waterbeach boss Terry Harris was less impressed with his side as it was the second successive week they had failed to hold on to a lead. The previous week Histon A had equalised in the eighth minute of stoppage time.

Third-placed Hunton's clash at Littleport was postponed.

Haverhill Weekly News



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